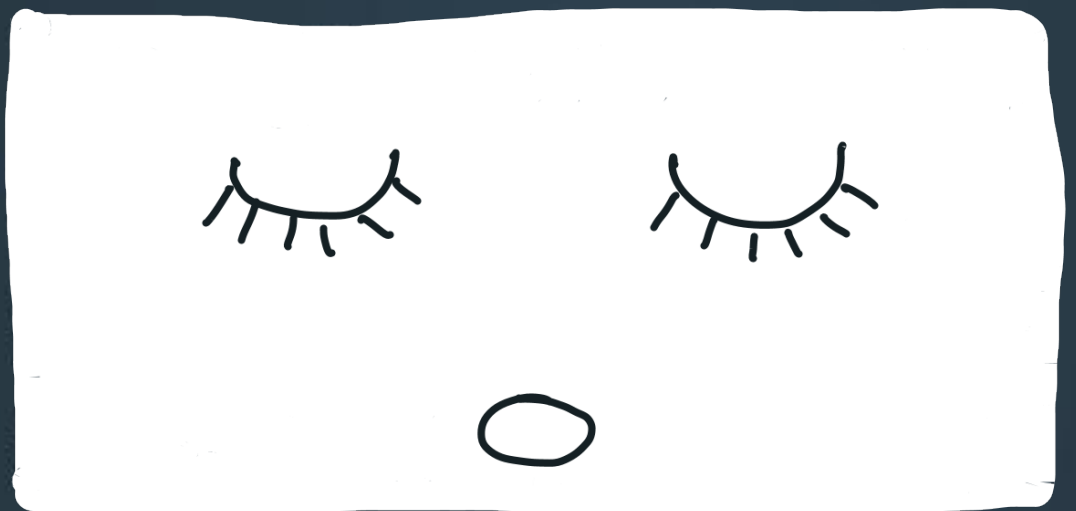


10 WAYS

★ TO GET A ★

BETTER NIGHT'S SLEEP



★ HERE ARE SOME TIPS TO HELP
YOU SLEEP SOUNDLY: ★



CUT OUT CAFFEINE BEFORE BED

You might love getting your caffeine fix in the morning or during the afternoon slump, but avoiding it later in the day may help you rest more soundly.



CREATE A SLEEP SANCTUARY

If you're looking to get more z's, make sure that your bedroom is quiet, dark and cool for an ideal sleep environment.



SET A SLEEP SCHEDULE

When you go to bed and wake up at the same time each day, your body's internal clock becomes accustomed to your routine.



RELY ON A ROUTINE

Developing a relaxing ritual such as reading or yoga before bed could help you transition to sleep a little easier.

DON'T GET FRUSTRATED

If counting sheep doesn't work, try reading a book or listening to music until you feel sleepy.



AVOID WATCHING THE CLOCK

This may create stress, so resist the temptation by turning the clock away from you.



AVOID NIGHTTIME WORKOUTS

Although exercise is important for good sleep, vigorous activity right before bed may make it more difficult to nod off.²



EAT WITH YOUR CIRCADIAN RHYTHM

Not only can late-night snacking and heavy meals lead to weight gain, but indigestion may occur, making it more difficult to fall asleep.



BALANCE HYDRATION

You don't want to wake up thirsty in the middle of the night, but you probably don't want to wake up for a bathroom trip either.



NAP EARLY AND KEEP IT SHORT

Although sometimes there's nothing better than an afternoon nap, it may interfere with nighttime sleep.

1. <https://www.nih.gov/news-events/nih-research-matters/molecular-ties-between-lack-sleep-weight-gain>

2. <https://sleep.org/articles/exercise-time-of-day/>

<http://community.jennycraig.com/perfect-portion-blog/live-life/these-sleep-hygiene-tips-can-help-you-rest-better/>

