Healthy **Sleeping Tips**

LESS SCREEN TIME

Try limiting the use of technology (like TV, smart-phones, and computers) for at least 30 minutes before bed.

AVOID CAFFEINE BEFORE BED

Don't eat or drink any caffeine for at least 4 hours before bed. Caffeine can be found in coffee, tea, chocolate, and cola.

SLEEP ROUTINE

Create a routine by going to bed and waking up at the same time every day and doing relaxing activi-ties before bed (read a book, take a warm bath, do some stretches/yoga, listen to music, or meditate.

GOOD SLEEPING SPACE

Your sleeping space should be dark and be a comfortable temperature.

CALMING ACTIVITY

If you have trouble falling asleep, try a calming activity. For example: listen to music, meditate, think positive thoughts, deep breathing, or use a stress ball

DAILY EXERCISE

Exercise is important, but not right before bed. Finish exercise at least 3 hours before bedtime to help you fall asleep faster.