

10 Tips for Healthier Sleep

1

Make sleep a priority by keeping a consistent sleep (bedtime) and wake schedule, including weekends.

2

Create a bedtime routine that is relaxing. Experts recommend reading a book, listening to soothing music or soaking in a hot bath.

3

Transform your bedroom into a haven of comfort. Create a room that is dark, quiet, comfortable and cool for the best possible sleep.

4

Keep work materials, computers and televisions out of the bedroom; it should be used for sleep and intimacy only.

5

Exercise regularly, but complete workouts at least two hours before bedtime.

6

If you sleep with a partner, your mattress should allow each of you enough space to move easily. Couples who've been sleeping on a "double" (full size) may think they have enough room, until they learn that each person has only as much sleeping space as a baby's crib.

7

Avoid nicotine (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.

8

Avoid caffeine and alcohol (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.

9

Finish eating at least two to three hours before bedtime.

10

Buy the right mattress and pillow that provide the proper support and comfort.