

SLEEP

- Sleep in a comfortable, calm, quiet and relaxing place
- Establish a bedtime routine, go to bed when you feel tired and get up at the same time every day, rather than sleep in to make up for insomnia.
- Don't drink alcohol within three hours before bedtime as it may make you wake up again later in the night.
- Limit your caffeine intake.
- Avoid other stimulants such as tobacco before going to bed.
- Exercise during the day, but don't exercise within three to four hours of bedtime as it may hype you up and make it hard to go to sleep.
- Avoid salty foods and large meals that can keep you awake.
- Use your bed for sleeping and not for reading, watching TV or eating.
- If you are awake after 25 minutes in bed, get up and read or do something that's not stimulating (but not watching TV), and then go back to bed when you feel less tense.
- Hide your clock if you are having trouble sleeping.
- There are treatments that can help break the cycle of insomnia.