

better sleep tips

use aromatherapy

lavender oil has a calming, sleep-supporting affect.

avoid drinking caffeine
4-6 hours before bedtime.

set up a regular routine time

for sleeping and rising every day of the week; maintain that same routine on weekends and vacation.

get comfortable bed/bedding;
eliminate clutter in your bedroom.

Find a **good temperature**
for sleeping (cool is often the best).

avoid eating a heavy meal or spicy foods before bedtime. If you are hungry at bedtime, eat a light snack (complex carbs such as whole grain toast with a thin spread of peanut butter or a thin slice of cheese; bananas are a good choice, too).

avoid screen time shortly before bedtime. The blue light from a computer, mobile phone or tablet screen can prevent your body from releasing the hormone melatonin, which plays a key role in falling sleep.

get regular exercise,
but not right before bed.

