SLEEP SOUNDLY

Having trouble falling asleep? Tossing and turning all night long? Try these tips to fall asleep and get a good night’s rest.

THE PERFECT ROOM:
The perfect room for sleeping may be very different than what you’d want in a room during the day. To help facilitate sleep:

• Keep the room cool, no more than 70°
• Make the room as dark as possible, using eyeshades if necessary
• Try to reduce noise as much as possible, or use white noise like a fan to help you fall asleep
• Turn off distractions like the TV or your computer
• Have calming and relaxing scents in your room like chamomile or lavender

WHAT YOU CAN DO:
Even if your room is an ideal sleeping environment, you may not be able to fall asleep. Here are some things you can do during the day that will make your nights more restful:

• Avoid caffeine at least five hours before going to bed
• Avoid nicotine, alcohol, heavy meals and spicy foods within a few hours of bedtime, as these may impact your quality of sleep
• Exercising during the day can help you fall asleep at night, but exercising too close to bedtime may make you more alert
• Eating nutritious, balanced meals and snacks can help facilitate sleep
• A small bedtime snack may also help you fall asleep. Some good choices are milk, bananas, oatmeal and honey
• Establish a bedtime routine so that your body knows it’s time for sleep

IF ALL ELSE FAILS:
If you can’t fall asleep at night, it’s better just to get up rather than stressing about not being able to sleep. Do something that isn’t strenuous, doesn’t involve a screen and is easy to put down like reading a book, listening to relaxing music, or meditating.

SWEET DREAMZZZZZZZ...