



Take Control!

Tips To Improve Sleep

Sleeping shouldn't feel like a chore. Follow these savvy sleep tricks to help you drift comfortably into dreamland.

Secure Your Environment

- Keep your room at a comfortable temperature. It's best to set it at a cooler temperature. The most desirable temperature of the bedroom is 60 to 65 degrees Fahrenheit (16-18 degrees Celsius).
- Hang a "sleeping zone" sign on the outside of your bedroom door. Keep the television and work documents outside your sleeping quarters.
- Try to ensure a noise-free place to help minimize distractions.
- Keep your clock's face out of sight at night. Watching your clock can sometimes keep you awake longer.
- Turn off the light. Making a room dark signals your body to rest and relax.

- Noise from inside or outside the bedroom can disturb sleep. Try using steady or low sounds to serve as a comfortable muffle.

Natural Ways To Unwind

- Relax and wind down about an hour or so before you want to get to sleep.
- Try to wake up and go to sleep at the same time each night. Your body and mind will appreciate the schedule!
- Keep a regular meal schedule.
- Get out of bed and go to another room if you can't sleep within the first 15 to 20 minutes. Return when you feel tired again.
- Exercise! But choose your activities wisely.

Quick Sleep Action Plan

Try these activities before dinnertime and see if it improves your sleep. You will be happy you did!

- Walk your dog.
- Catch up with an old friend on your cell phone while you walk around your neighborhood.
- Invite someone to go to a local park to swing or play frisbee.
- Take a brisk walk with your family or just experience some quiet time by walking by yourself.
- Pop in a yoga or pilates tape.
- Shovel snow or rake leaves.
- Drive to the gym and get 30 minutes of cardio in before going to a movie with friends.

