

## Ways To Help you Get A Good Night's Sleep

1. Develop a relaxing bedtime routine to prepare your mind and body for sleep.
2. Establish a regular schedule for going to bed and getting up in the morning.
3. Don't panic if you lose a night's sleep once in a while. Occasional bouts of insomnia are normal.
4. Take a bath before you go to bed. It will help relax your body.
5. Allow yourself time to unwind before you lie down to sleep.
6. Drink a cup of warm milk, herbal tea (no caffeine), or hot cocoa.
7. Avoid fries, spicy and other hard to digest foods.
8. If you need a snack, eat foods high in carbohydrates, a bowl of cereal, a light sandwich, some pretzels or a couple of cookies
9. Don't drink lots of fluid after supper. You may be awakened through the night to go to the bathroom.
10. Cut out caffeine at least 6 hours before going to bed. It takes 6-8 hours to eliminate the stimulant from your system.
11. Get some exercise every day so you will be physically tired at night.
12. Do some gentle stretches before you go to bed to help relax your muscles.
13. Do not exercise heavily within 3 hours of going to bed.
14. If you have a need to nap, do it at the same time each day, make it a short one and not close to evening time. You do not want it to interfere with your night time sleep.
15. Create a restful environment in your bedroom. Quiet colors and soft bed-clothes may relax you.
16. Make sure you have a good mattress.
17. Practice breathing slowly and deeply. Concentrating on each breath.
18. Find a companion – stuffed animal – extra bed pillow / long body pillow.
19. Keep paper and pen next to your bed and write down concerns, ideas, or thoughts that trouble you in the night. Deal with them in the light of the next day.
20. Count backwards slowly from 1,000.
21. Count your blessings. A thankful heart helps the spirit.
22. If you wake up and can't get back to sleep, get up and read ( or make out your grocery list, clean out a drawer – do something monotonous and something not stimulating.
23. Do not take sleeping pills without first consulting your doctor.
24. Aim for QUALITY not necessarily quantity of sleep.
25. Figure out by trial and error how much sleep you really need. It may be less than you think.
26. Remember you are not alone.
27. Pray!

