Can I PLEASE Just Get a Good Night of Sleep?

1. Establish a regular wake time. Use an alarm and do not vary by more than 1 hour from day to day.

2. Go to bed around the *same* time each night. Select your bedtime *based* on when you feel sleepy and how much sleep you need.

3. *Use* your bed only for sleep and sleep only in your bed.

4. If possible, do not nap during the day. Keep naps *short* if they are needed or desired (*less* than 1 hour).

5. If you struggle to fall asleep or get back to sleep at night, get out of bed and return to bed when you are sleepy.

6. Make your sleep environment a comfortable place to be. Adjust temperature, *use* darkening window *shades,* and minimize noise.

7. Don't watch the clock. Watching the clock makes it impossible to sleep.

8. Establish regular meal *times,* especially at dinner time.

9. Establish a regular exercise routine, but don't *exercise* within 2 hours of bedtime.

10. Put your day to *rest* by giving yourself *some* "wind down" time before you go to bed each night. Do something relaxing like taking a bath, meditating, or listening to *music.* Let go of the *day's* anxieties before you get into bed!

11. Avoid caffeine in the afternoon and evening hours.

12. Limit alcohol intake. If it disrupts your sleep, it may be best not to drink at all.

10 Mistaken Beliefs about Sleep

1. We should sleep at least 8 hours every night.
   Actually, our personal sleep needs can very.

2. It's ideal to always sleep through the night.
   Occasional awakenings are, in fact, normal.

3. *I can and must make myself sleep.*
   We simply can't control the process of falling asleep.

4. I should just stay in bed and reset if I can't sleep.
   It is best to get out of bed at these times.

5. I'll have a terrible day if I don't sleep well.
   Not necessarily, we are very resilient and can adapt.

6. Good sleepers fall asleep quickly.
   It's normal to take up to 20 minutes to fall asleep.

7. Good sleepers don't dream.
   Dreaming nightly is an essential part of good sleep.

8. It's best to get up and be productive if I can't sleep.
   Being productive at night typically disrupts sleep.

9. It's normal to sleep less as we age.
   It's common, but not inevitable or healthy or normal.

10. It's comforting to check the time when sleepless.
    Clock watching makes it harder to get back to sleep.