

## HEALTHY SLEEP TIPS

Follow these tips and give yourself the best chance for a good night's sleep.

- Go to bed only when you feel sleepy.
- Use the bed and bedroom only for sleep. It's best to read, watch TV or use phones and tablets in another room until you're ready for sleep.
- Get out of bed if you're not asleep within 15-20 minutes. Try again when you feel sleepy.
- Avoid napping. If you must nap, keep it to less than 30 minutes and make sure to be done napping at least 6 hours before bedtime.
- Keep the same sleep schedule every day, even on the weekends.
- Avoid nicotine near bedtime and if you wake up at night.
- Avoid alcohol 3-4 hours before bed.
- Avoid caffeine 4-6 hours before bed.
- Follow a calming routine 15-20 minutes before bed each night.
- A light snack may help you sleep but avoid meals 2 hours before bed.
- Exercise regularly but avoid moderate or high intensity exercise 2-3 hours before bed.
- Make your bed and bedroom safe and comfortable by controlling light, noise, temperature, etc...
- Take 15 minutes each evening for "worry time" to write down daily concerns and set them aside for the next day.

LEARN MORE AT:

[insomniaclinic.org/healthy-sleep-tips](https://insomniaclinic.org/healthy-sleep-tips)

## Start taking control of your sleep using research-based techniques you can learn in under 30 minutes.

More than 30 years of research has proven our ability to increase our brain and body's natural ability to sleep. Cognitive-Behavioral Therapy for Insomnia (CBT-I) helps to "retrain" your natural sleep system and generate more "sleep power." The Insomnia Clinic has created a free video to teach you a few of these simple CBT-I sleep behavior changes in under 30 minutes. These changes are



simple but powerful. They are proven to improve sleep in people struggling with depression, many types of chronic pain, and many other health problems. As if better sleep weren't enough, more than 60% of people who use these techniques choose to take less sleep medication. **Use the link below to access the free sleep training webinar.**

**WATCH THE FREE SLEEP TRAINING WEBINAR HERE:**  
[insomniaclinic.org/sharpsleeptraining](https://insomniaclinic.org/sharpsleeptraining)