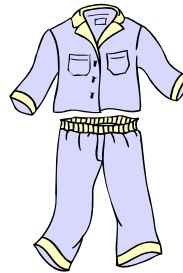


Tips For A Good Night's Sleep



Prepare Yourself For Bed

- Take a warm bath or shower to relax
- Wear loose clothing comfortable clothing



- Check the room temperature or make sure there are adequate bed covers
- Cut off the TV, radio or other devices.
- Relax - relaxation exercises may be helpful

Develop Healthy Habits

- Don't go to bed until you are sleepy
- Don't use your bed for other activities (excluding sex) like watching TV, talking on the phone, eating, etc.
- Don't use sleeping pills regularly
- Deal with your worries before you go to bed
- Get up at the same time every morning
- Try to sleep between 6-8 hours per night

Before Going To Bed AVOID

- Naps – Never nap after 3pm
- Caffeine – No caffeine after lunch
- Alcohol – Stop alcohol at least 6 hours before bed
- Nicotine – No smoking or other nicotine use before bed
- Eating big meals before bed
- Exercising just before bed

Lights Out!

