

Do's and Don'ts for Sleep

Do's

- Create a bedtime routine
- Try to go to bed and wake at same time
- Warm bath
- De-cafeinated hot tea
- Yoga
- Meditation
- 15 minutes of reading
- Dark environment
- Quit
- Cool



Don'ts

- No alcohol
- No exercise
- Watch your clock
- Utilize you technology
- Watch TV
- Take medications that will stimulate



RELEVANCE