



Basic Sleep Strategies

1. **Don't oversleep** - Get up at about the same time every day, especially on the morning after you've lost sleep. Sleeping late for just a couple of days can change your sleep cycle.
2. **Set your body clock** - Light helps set your body clock. When you get up, go outside and get some sunlight. Or open the drapes and turn on lights. Then walk around for a few minutes.
3. **Exercise** - Keep physically active during the day, especially after a bad night's sleep. Being less active is one of the worst things to do when you haven't slept well.
4. **Don't nap** - When you feel sleepy, get up and do something: walk, do errands, weed the garden.
5. **Set a bedtime schedule** – Go to bed at about the same time every night and make the time you spend in bed for sleeping only. If you have trouble sleeping, go to bed a little later. Then, as your sleep improves, move your going-to-bed time back 15 to 30 minutes a night and do that for a week or so.
6. **Develop a bedtime routine** - Stop doing stuff. Don't get into any stimulating discussions or activities a half hour or hour before bed. Do something relaxing instead.
7. **Warm bath, yes; shower, no** - Take a hot bath before going to bed. Showers, on the other hand, tend to wake you up.
8. **List "gotta do's"** - Keep a pad and pencil handy. If you think of something you want to remember, jot it down. There will be no need to lie awake worrying about remembering it.
9. **Relaxation** - Relaxation helps sleep (visualization, deep breathing, progressive muscle relaxation.)
10. **Warm milk?** - helps some people fall asleep.
11. **Avoid caffeine and tyrosine-rich foods** from late afternoon.
12. **Cut down on alcohol** - Alcohol might help you get to sleep, but results in shallow and disturbed sleep, abnormal dream periods, and frequent early morning awakening.

