

When counting sheep doesn't work

Tips for better sleep

Stick to a schedule and have a routine. Go to bed and wake up at the same time everyday.



Don't smoke. Nicotine is a stimulant and can also make breathing disorders worse, making it hard to sleep



Set the temperature to about 65 degrees F.



Make your room as dark as possible for sleep. Even a small amount of light can disrupt your sleep hormones.



Exercise regularly: just make sure to not work out a few hours before bedtime.

Make your bed a restricted area. Don't work, eat, or watch TV in bed.



Stop consuming stimulants (coffee, tea, soda, and chocolate) by mid-afternoon.



Don't drink alcohol before bed. You might fall asleep quickly but wake up and have a hard time falling back to sleep.



Stop using electronics that give off light an hour before bed.

