



Sleep: It's good for your health

5 tips to try to improve your sleep

So many of us suffer from not getting a good night's sleep, and that affects us emotionally and physically. While you may not be able to control every night's sleep, according to the [Mayo Clinic](#), adopting these habits can help you sleep better.

1. Try to keep to a similar schedule most nights

The adage “staying up late on the weekends” isn't ideal. Most adults need between seven and eight hours of sleep to be well rested, so it's most beneficial to try to go to bed and wake up around the same time every day of the week. Consistency reinforces your body's sleep-wake cycle.

2. Be mindful of what you eat and drink before bed

You don't want to be hungry or too full before bed. It's best to avoid large meals within a couple of hours before calling it a night. You don't want discomfort to keep you awake.

Pay attention to the amount of alcohol, caffeine, and, if you smoke, nicotine in the hours leading up to bedtime. Caffeine and nicotine have stimulating effects and can take hours to wear off to not interfere with sleep. Alcohol can be disruptive later at night.

3. Create an environment conducive to sleeping

There is truth to keeping your bedroom cool, dark, and quiet. Exposure to light can make it more challenging to fall asleep. Shut off or put away electronics, such as your tablet, phone, or TV. If you're a light sleeper, consider earplugs, an eye mask, or room-darkening shades to support a more peaceful space.

4. Make physical activity part of your daily routine

Just don't do extensive exercise too close to going to sleep, as it may energize you and keep you from falling asleep. Regular physical activity can go a long way in helping you sleep better.

5. Manage stress as much as possible

Try to end your day by putting aside your concerns, even by writing them down to address the next day. Consider mindfulness or meditation before bed.

This content is only for informational purposes and should not be used in place of an actual doctor's visit. We recommend that you consult with your primary care provider if you have ongoing issues with getting sufficient sleep.