

## 10 Tips to Getting a Good Night's Sleep

If you have trouble going to sleep, wake up often during the night, or get up earlier than you want to, it could impair your ability to think, to handle stress, and to maintain a healthy immune system. Here are some tips to help you relax and get a full night's rest.



1 Drink less fluid before bedtime, especially if you have an overactive bladder.



6 Cut down on spicy foods that can cause heartburn.



2 Drink a soothing liquid like milk or herbal tea in the early evening.



7 Be as active as you can during the day.



3 Avoid caffeine, particularly coffee, tea, cola and chocolate which can keep you up at night.



8 Create a regular sleep cycle by going to bed the same time every night and setting your alarm to wake up at the same time every morning.



4 Avoid alcohol. This causes restless sleep, which makes you wake up during the night.



9 Create a relaxing mood before bedtime. Play gentle music, take a warm bath, or focus on calming scenes such as sailboats on a lake or a peaceful garden.



5 Avoid large evening meals.



10 Don't lie in bed and worry about not falling asleep. If you don't fall asleep in 15 minutes, get up and go watch television, listen to music or read until you feel tired.

*If after using these tips for two weeks you are still not getting a good night's sleep, consult your primary care provider for other options.*

