



7 Tips for Better Sleep

1. Stick to a sleep schedule. Our bodies function better when we are in a rhythm.
2. Establish a bedtime ritual such as reading, taking a bath, knitting, or anything else that is soothing to you. This will help indicate to your body that bedtime is near.
3. Keep your room cool at night. We sleep better when our body temperature falls.
4. Make your room a sanctuary, somewhere you want to escape to. That means no computer, no TV, no desk to pay bills on, and no piles of laundry in sight (you can hide those in the closet).
5. Expose your self to sunlight everyday because it will help you body produce more melatonin (sleep hormone).
6. Beware of the "Blue Light" special. Minimize your screen time at least one hour before bed.
7. Start to dim the lights in the house the closer it gets to bedtime. Having 3-way bulbs are very helpful with this. Try and use lamps instead of overhead lighting.

