



Sleep Well

One of the best things you can do for your health is to get a good night's sleep. In some cases, your doctor may prescribe sleep medications, however good sleep hygiene is key. Good sleep hygiene may be effectively achieved by:

- Avoid alcohol, tobacco, caffeine, chocolate and heavy sugar-filled foods for several hours before bedtime. Warm milk and foods high in tryptophan, such as bananas, may help you sleep. Otherwise, restrict fluids right before bed.
- Exercise regularly, particularly in the afternoon, but not right before bedtime.
- Try going to bed and getting up at the same times every day to put your body into a good sleep-wake rhythm.
- Use your bed for sleep and sex but not as an office or recreation room.
- Try relaxation techniques to relieve anxiety and reduce muscle tension.
- Practice pre-sleep rituals, such as a warm bath or a few minutes of reading.
- If you do not fall asleep within 15-30 minutes, get up, go to another room, and lie quietly in darkness until you feel sleepy again.