**SLEEP TIP SHEET**

1. Sleep as long as necessary to feel rested (usually 7-8 hours for adults) and then get out of bed.
2. Maintain a regular sleep schedule, particularly a regular wake-up time in the morning.
3. Get 20 minutes of sunlight exposure in the morning.
4. Avoid caffeine after noon.
5. Naps are good to catch up on lost sleep, but only take them before 3pm, otherwise you risk not being able to fall asleep at night.
6. Avoid electronics 30-60 minutes before you go to sleep.
7. It is ideal to have a colder room temperature when falling asleep.
8. If you are having trouble falling asleep and become anxious, get up and do something else for 20 minutes, and then try and go back to sleep.
9. Don’t eat a large meal two hours before bed.
10. Avoid alcohol and nicotine at night if you have sleep problems.
11. Do a relaxing activity before bed: reading, meditation, hot bath, etc.
12. Perform some physical activity during the day, but not too close to when you plan to go to sleep.
13. Try to avoid medications for sleep if possible. If you take melatonin, do not use over 3mg; 1-3 mg is the safest dose.