

# Tips for Better Sleep



Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep. Here are some habits that can improve your sleep health.

## 1. Be consistent.

Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

## 2. Get comfortable.

Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.

## 3. Remove distractions.

Remove electronic devices, such as TVs, computers, and smart phones, from the room.

## 4. What to avoid?

Try not to have large meals, caffeine, and alcohol before bedtime.

## 5. Get some exercise.

Being physically active during the day can help you fall asleep more easily at night.

### For more information:

<http://www.sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

#### Sources:

[Centers for Disease Control & Prevention \(CDC\)](#),  
[National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health](#)