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Six Tips for Better Rest

Although you may not be able to control all of the factors that hinder a good night's sleep, the Mayo Clinic recommends adopting certain habits that may help you get better rest:

1. **Follow a sleep schedule.** Do your best to go to bed at the same time – including on weekends. Being consistent will help reinforce your sleep-wake cycle. If you can't fall asleep after about 20 minutes, do something relaxing until you feel tired.
2. **Be mindful of what you eat and drink.** Don't go to bed when you feel hungry or overly full. Avoid nicotine, caffeine and alcohol before bed.
3. **Create a tranquil sleep environment.** Keep your bedroom cool, dark and quiet. Avoid looking at light-emitting screens before bed, and consider using room-darkening shades, earplugs or a white noise machine to help you sleep.
4. **Reconsider naps.** Taking long naps during daylight hours can limit nighttime sleep, so if you must nap, limit it to 30 minutes or less. (However, if you work a night shift, you might need to take a nap before work to help make up for lost sleep.)
5. **Stay active.** Regular exercise can help promote better sleep, and spending time outside may be helpful, as well.
6. **Try not to stress.** If worries are keeping you awake, write them down and set them aside for the next day.

