



15 SLEEP TIPS, ARE YOU MISSING ANY?

- Sleep Tip #1:** The Basics: Maximize Your Physical Comfort.
- Sleep Tip #2:** Make Your Sleep Environment a Soothing Place to Be.
- Sleep Tip #3:** Follow Your Internal Clock.
- Sleep Tip #4:** Increase Physical Activity During the Day.
- Sleep Tip #5:** Exercise Early in the Day.
- Sleep Tip #6:** Monitor Caffeine, Sugar and Alcohol.
- Sleep Tip #7:** Eat Bigger Meals Earlier in the Day and Lighter Ones Later.
- Sleep Tip #8:** Restrict Fluids at Night.
- Sleep Tip #9:** Consider Supplements or Prescription Sleep Medications Carefully.
- Sleep Tip #10:** Begin Your Bedtime Ritual 1-2 Hours Before Trying to Sleep.
- Sleep Tip #11:** Learn to Step Back From Stressful Thoughts.
- Sleep Tip #12:** Don't Just Lie There!
- Sleep Tip #13:** Negotiate Your Sleep Needs.
- Sleep Tip #14:** Create Your Personal Sleep Plan.
- Sleep Tip #15:** Share Your Plan, Get Support and Begin!