

SLEEP TIPS

Approximately 60 million people in the United States suffer from insomnia. Insomnia is characterized by difficulty falling asleep, difficulty staying asleep or poor quality sleep, leading to impairment of next-day functioning.

The following steps can be used to advise consumers about ways to help them fall asleep more easily and stay asleep.

STICK TO A SLEEP SCHEDULE

Sticking to a sleep schedule by going to bed and waking up around the same time each day, including the weekends, will help reinforce the body's sleep-wake cycle and can help you fall asleep better at night.

LIFESTYLE CHANGE

Save caffeine runs for during the day. Avoid alcohol and foods/drinks high in caffeine close to bedtime. Regular exercise can also benefit sleep – it's good to schedule workouts at least a few hours before bedtime.

ESTABLISH A RELAXING BEDTIME ROUTINE

Develop a routine to help wind down from the day BEFORE getting into bed. This can include having a cup of tea, taking a bath, and pampering yourself for a good night's sleep.

ENVIRONMENT IS KEY

Create a sleep environment that is cool, quiet, dark and – most important – comfortable.

PRIORITIZE YOUR DAY

Avoid bringing responsibilities into bed. If next-day tasks are running through your mind, jot them down in a notebook. Associate the bed with sleep only! It's not a good idea to watch TV, listen to the radio or read in bed.

