

- Set a bedtime routine to relax before bed
- Power-down before bed (no blue screens (phone, TV, computer))
- Keep a consistent bedtime
- Keep bedroom for sleep only
- Get up and walk around if restless in bed
- Avoid caffeine in late afternoon and evening
- **Take healthy naps (20-30 minutes)**
- Don't eat thirty minutes before bed
- Don't drink too much water before bed

- Set a comfortable temperature in your bedroom