



Twelve Ways To Get a Better Night's Sleep

The coronavirus pandemic has increased stress for families everywhere. More stress and more worry often translate into trouble sleeping.

Experts tell us that improving your “sleep hygiene” goes a long way toward better sleep. Sleep hygiene refers to your habits and how your bedroom set-up can be maximized to support sleep.

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- 1 **Go to bed and wake up** at the same time each day. This helps regulate your body's clock.
- 2 **Develop a relaxing bedtime ritual**, such as a bath or shower, meditation, or light reading before bed.
- 3 **Turn off screens** one to two hours before bedtime.
- 4 **Get out of bed** if you have not fallen (back) asleep within 20 minutes.
- 5 **Use the bedroom for sleep and sex only** – not for watching television or other screen-based entertainment or for working (on or off your computer).
- 6 Keep the bedroom **as dark as possible**. Room darkening shades or a sleep mask may be helpful.
- 7 **Keep the temperature in the bedroom on the cooler side**, between 60°F and 70°F.
- 8 **Limit daytime napping**, especially in the afternoon.
- 9 **Get daily exercise**, but avoid vigorous exercise right before bedtime.
- 10 **Get out into the sunlight early in the day** and limit exposure to bright light at night.
- 11 **Avoid caffeine too close to bedtime**. Some experts recommend no caffeine after noon.
- 12 **Avoid big meals, fatty meals, spicy meals, or too much alcohol before bedtime**. Heartburn can ruin a good night's sleep!