

10 TIPS *for Better Sleep*

Sleep plays a vital role in disease prevention. Give your body the proper signals it needs to unwind, relax and get a good night's rest.

1 **Keep it Cool**

Keeping your room at the right temperature is essential for getting a good night's sleep. Setting your thermostat anywhere from 65-68 degrees will help you fall asleep and stay asleep.

2 **Schedule Your Sleep**

Going to bed and getting up around the same time every day can work wonders for your sleep quality. Your body craves routine and having an established sleep schedule helps your body get optimal rest.

3 **Watch the Lights**

Did you know the light in your room could be a reason you aren't sleeping well? Harsh yellow lightbulbs make it harder for your body to adjust when it's nighttime. Opting for soft white lightbulbs makes it easier for you to get tired at night.

4 **Hang Up**

Our phones, despite being such an integral part of our lives, have drawbacks when it comes to quality sleep. Sleep experts recommend not using your phone 30 minutes to an hour before bedtime. If you need to use your phone, dim the brightness, use night mode and set it to Do Not Disturb.

5 **Ditch the Fan**

Many of us keep the fan on at night because of the soothing noise, but doing this can negatively affect sleep. The circulating air can lead to nasal congestion and dry eyes. Instead, consider purchasing a sound machine.

6 **Black it Out**

Switching to blackout curtains can have a major impact on your quality of sleep. Non-blackout curtains allow light to creep through at all hours of the night and early morning, which can cause irregular sleep patterns.

7 **Mind Your Diet**

We all know consuming caffeine too close to bedtime can keep you awake longer than you like, but did you know certain foods can as well? Eating spicy or sugary food or large meals before bed can keep you awake. Instead, opt for a small healthy snack such as nuts, dried fruit or whole grain crackers.

8 **Change the Scene**

If you go to bed but are still awake after 20 minutes, try doing something quiet and relaxing in a different room. Spending a short amount of time in a different environment than your bedroom can help get your body and mind ready to sleep.

9 **Relax & Unwind**

A relaxing routine before bed can help you get into the right headspace for sleep. Reading a book, taking a shower or simply taking time for yourself can help you relax and unwind.

10 **Get Help**

If sleeping problems persist and negatively affect your wellbeing, consult our sleep medicine physician, Sonya Merrill, MD, PhD, FACP.



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