



## **Top 10 Sleep Habits to get the rest you need**

1. Sleep in a dark, quiet, and cool room
2. Go “Device free” one hour before bed
3. Use bedroom for Sleep\* only (\* ie. no TV, tablets/laptops)
4. Nap Wisely (before ~3pm)
5. Get out of bed if you can't sleep; use the 20min rule
6. Maintain a consistent, regular bed time
7. Do not go to bed hungry; or eat large heavy meals late
8. Finish exercise 3 hours before bed
9. 3-6 hours before bed limit any alcohol or nicotine intake
10. Stop caffeine intake at least 6 hours before bedtime