### Simple Steps to Improve Your Sleep

#### Sleep Hygiene

- **Calm Your Mind**
  - Find relaxing rituals
  - Create a bedtime routine that helps you associate the rituals with sleep and eases you into falling asleep
  - Consider guided meditation and mindfulness

- **Take Care of Your Body**
  - Avoid eating or exercising close to bedtime
  - Avoid caffeine after lunch and alcohol 4-6 hours before bedtime
  - Nicotine stimulates the brain; avoid tobacco before bedtime

- **Improve Your Sleep Environment**
  - Sleep in a comfortably cool, dark, and quiet room
  - Avoid reading or working in bed
  - Turn off all electronic devices 30 minutes prior to bedtime

- **Establish a Schedule**
  - Establish a set sleep and wake time, even on weekends
  - Avoid naps during the day or limit to <1 hour
  - Only go to bed when sleepy and leave if unable to fall asleep