



Want better sleep?

Try these 6 tips

Both the body and mind need adequate, quality sleep to function effectively. In fact, our sleep quality is linked to almost every area of health. Try these tips to sleep better at night.

- 1. Establish a bedtime routine.** A routine helps set your internal clock. Following a consistent routine the hour before going to bed helps your body relax. Consider taking a bath, reading a book, meditation, or gentle stretches.
- 2. Exercise early.** Exercising can help you fall asleep faster and stay asleep—if you do it at the right time. Because exercise stimulates the body and activates the brain, morning workouts are best. Try to finish your workout at least three hours before going to bed.
- 3. Create a restful environment.** A sleep-inducing environment is dark, quiet, and comfortably cool. Work to make sleep the main focus of the bedroom by removing TV, work, food, and other activities that may stimulate the brain.
- 4. Eat smart.** Large meals at 10:00 p.m. or a coffee right before going to bed can make it harder to fall asleep. Try to finish dinner several hours before going to sleep.
- 5. Limit or eliminate alcohol.** Many people experience wakefulness when alcohol effects wear off. Alcohol also suppresses REM sleep, the stage of sleep when dreaming occurs.
- 6. Manage your worries.** Try to keep your worries outside the bedroom to help your mind rest soundly. This can be done by avoiding stressors during your bedtime routine, or writing all your worries down and putting them aside for the next day.

Source: [Harvard Health](#)



**Want to
learn more?**

Go to
Blog.PacificSource.com

