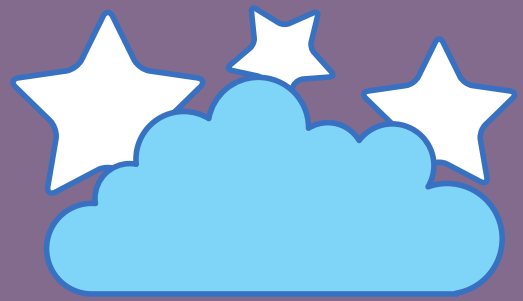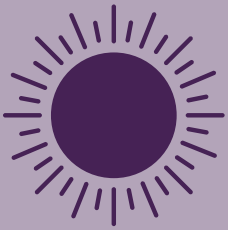# Tips to Improve Your Sleep

Set Yourself Up for Success During the Day

- Exercise in the morning or afternoon to help manage stress.
- Avoid alcohol, caffeine, and nicotine close to bedtime.
- Limit the time you spend in bed during the day. Keep your bedroom dark, cool, and quiet.

Skip Screens and Wind Down Before Bed

- Avoid screens for at least one hour before bedtime. The blue light emitted by screens can throw off your body's internal clock.
- Engage in relaxing activities before bed, including: reading a book, taking a hot bath or shower, gentle yoga, meditation or deep breathing exercises.

Avoid Tossing and Turning

- Set aside 15 minutes of "worry time" during the day to process any thoughts that may keep you up at night.
- Keep a to-do list by your bed to keep track of thoughts and feelings to return to in the morning.
- Disconnect from the news before bed and turn off notifications on your phone.

▷ So what's the big deal about sleep? Find out more **here**.

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