SLEEP TIPS

- Stick to a consistent sleep schedule: Go to bed and wake up at the same time every day, even on weekends.

- Create a bedtime routine: Establish a relaxing routine before bed, such as reading a book or taking a warm bath.

- Limit daytime naps: If you take daytime naps, keep them short and avoid napping late in the day.

- Create a comfortable sleep environment: Make sure your bedroom is cool, dark, quiet, and comfortable for optimal sleep.

- Invest in a good mattress and pillows: Having a supportive and comfortable sleep surface can significantly improve your sleep quality.

- Avoid electronic devices before bed: The blue light emitted by smartphones, tablets, and computers can disrupt your sleep. Turn them off at least an hour before bedtime.

- Avoid heavy meals before bed: Eating a large meal close to bedtime can cause discomfort and make it harder to fall asleep.

RISE

SLEEP TIPS CONT.

- Manage stress: Practice stress management techniques such as deep breathing, meditation, or journaling to help calm your mind before bed.

- Keep a worry journal: Write down any worries or thoughts that are keeping you awake. This can help clear your mind and reduce anxiety.

- Use your bedroom for sleep and intimacy only: Avoid using your bedroom for work or other stimulating activities that can make it harder to relax.

- Use white noise or soothing sounds: Background noise, such as a fan or calming music, can help mask disruptive sounds and promote better sleep.

- Exercise regularly: Engaging in regular physical activity during the day can help you sleep better at night, but avoid intense exercise close to bedtime.

- Keep your bedroom well-ventilated: Fresh air and a comfortable temperature can contribute to a more restful sleep environment.

- Avoid stimulating activities before bed: Engaging in stimulating activities, like watching thrilling movies or playing video games, can make it harder to wind down.

RISE