

Ten Steps to Better Sleep

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1. Regularly go to bed and wake up around the same time.
2. Develop a "sleep ritual" by doing the same things each night (ex. Brush your teeth, lay out clothes for the morning, put on pajamas, etc.). This cues your body that it's time to settle down for the night.
3. Exercise regularly, but avoid 1-2 hours before bed time. This relieves muscle and mental tension and decreases excess energy. If exercise too soon before going to bed, will be over stimulated and defeat the purpose.
4. Unwind early by dealing with worries and distractions several hours before bedtime.
5. Make sleep a priority even when you're tempted to stay up late.
6. Sleep comfortably. Make sure you have a supportive mattress with adequate foundation.
7. Use a cervical (neck) pillow.
8. Create a cool, quiet, dark and restful sleep environment.
9. Try using "white noise" by running a fan, using soft music, wave machine, etc.
10. Avoid alcohol shortly before bedtime. This disrupts and causes fragmented sleep.
11. Cut down on stimulants like caffeine during the evening; leave at least 4 hours before bed.

(Sources: Lafayette Health – Online 1/23/2003, www.KingKoil.com , Chiropractice Wellness & Fitness Magazine www.cwfmonline.com)