

*Remember: Other things can also affect your sleep and your alertness.*

*Suggestions for optimizing your sleep:*

Go to bed only when sleepy. Try a relaxing bedtime routine (e.g., soaking in a bath).

Establish a good sleep environment with limited distractions (noise, light, temperature).

Avoid foods, beverages and medications that may contain stimulants.

Avoid alcohol and nicotine before going to sleep.

Avoid caffeine within 6 hrs of bedtime.

Exercise regularly, but do so around midday or early afternoon. Over-training or exercising too much is not advisable.

Avoid naps in late afternoon and evening.

Avoid heavy meals close to bedtime.

Avoid fluids before going to sleep.

Use the bed only for sleep and intimacy (Do not eat, read or watch TV in bed).

Establish a regular waketime schedule.