



**Sleep Tips from a Board-Certified Sleep Physician:**

1. **Avoid Disruptions.** First and foremost, keep disruptions such as noise and stress to a minimum.
2. **Limit screen time before bed.** Artificial light from phones and laptops decreases melatonin which is a chemical that helps you sleep. Your body naturally makes more of it in the evening and less in the day so using devices at night can throw off that process.
3. **Make your bedroom cool, dark and quiet.** The ideal temperature for sleeping is around 65 to 68 degrees. Close the blinds and use earplugs or a white noise app on your phone if sounds tend to wake you up.
4. **Limit alcohol and caffeine close to bedtime.** Both can disrupt your natural sleep phases.
5. **Skip big meals at night.** That can also mess with your sleep phases and cause heartburn that keeps you up.
6. **Stick to a sleep schedule.** Commit to going to bed and waking up around the same time (even on weekends). It regulates your body's internal clock and makes it easier for you to fall asleep and wake up.
7. **Exercise.** Regular activity can prep your body for a good night's sleep. Experts aren't totally sure how this works, but it may help you de-stress so your mind winds down. Plus, exercise is just physically tiring.
8. **Reduce stress.** If you've been awake at 3 a.m. while your brain spins, you know why this is so important. It's one of the biggest sleep disruptors.