TIPS FOR SLEEP HYGIENE

**Environment**
- Comfortable bedding
- Temperature (just right)
- Bedroom
  - Dark
  - Quiet

**Before bed**
- Exercise early in the day
- Herbal remedies
- Good pain control
- Milky drink
- Listen to restful music
- Breathing exercises
- Relaxation routine
- Stretches
- Reading
- Good sleep posture

**Avoid**
- Alcohol
- Sugars, spicy, heavy, late night meals
- Medications (in evening)
- Catnaps
- Stimulation
- Chocolate
- Caffeine
- Smoking
- Stress
- Late evening exercises
- Television
- Diuretics
- Steroids