Daily Dose OF Health™

Sleep tips

Nothing makes you feel better than a good night's sleep.

- Do physical exercise daily.
- Follow a regular daily schedule for meals and snacks.
- Don't have more than 1 alcoholic drink with or after dinner. Avoid large meals near bedtime.
- Plan to wake up about the same time everyday. Avoid long naps during the day.
- Get sunlight everyday, especially in the afternoon.
- Dim the lights in the house an hour or two before going to bed.
- Follow a bedtime routine. Keep your bedroom dark, quiet, and comfortable.
- Limit caffeine. Do not have any for 6 hours before bedtime.