8 EIGHT *ways to get better* quality sleep

- Go to bed the same time each night and get up at the same time each morning.

- Sleep in a dark, quiet, comfortable environment.

- Exercise daily (but not right before bedtime).

- Limit the use of electronics before bed.

- Relax before bedtime. A warm bath or light reading might help.

- Avoid alcohol and stimulants, such as caffeine, late in the day.

- Avoid nicotine.

- Consult a health care professional if you have ongoing sleep problems.