



SLEEP TIPS

Increase bright light exposure during the day

Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia.

Reduce blue light exposure in the evening

Blue light tricks your body into thinking it is daytime. There are several ways you can reduce blue light exposure in the evening.

Avoid caffeine late in the day

Caffeine can significantly worsen sleep quality, especially if you drink large amounts in the late afternoon or evening.

Try to sleep and wake at consistent times

Try to get into a regular sleep/wake cycle—especially on the weekends. If possible, try to wake up naturally at a similar time every day.

Do not eat late in the evening

Consuming a large meal before bed can lead to poor sleep and hormone disruption. However, certain meals and snacks a few hours before bed may help.

Take a relaxing bath or shower

A warm bath, shower, or foot bath before bed can help you relax and improve your sleep quality.

Get a comfortable bed, mattress, and pillow

Your bed, mattress, and pillow can greatly affect sleep quality and joint or back pain. Try to buy a high-quality bedding—including a mattress—every 5 to 8 years.

Exercise regularly—but not before bed

Regular exercise during daylight hours is one of the best ways to ensure a good night's sleep.