TIPS FOR A GREAT NIGHT’S SLEEP

1. Go to bed at about the same time every night.
2. If you read before going to sleep, make sure the material is calming and enjoyable.
3. Do a relaxing activity at least 1/2 hour before you want to fall asleep.
4. While laying in bed, practice tensing and relaxing with nice deep and even breaths.
5. Tell yourself positive thoughts and picture yourself in a favorite, peaceful place.
6. Clear your mind of worries and hassles, telling yourself that you can address them tomorrow when you are more awake.
9. Take a warm bath about an hour before bed.
10. Have a glass of warm milk while you have your quiet time.
11. Stay away from things that amp you up like video games and caffeine or alcohol.

DON’T:

• Get into arguments before bed
• Start thinking about upsetting thoughts
• Watch violent TV or read distressing books before bed
• Stay up too late