



10 Tips to Fall Asleep Faster and Stay Asleep Longer

TIP #1: Create a tech free zone – You want your room to be as dark as possible, so remove all cell phones, computers, and tablets. Make sure your television is off and that your devices aren't going to light up in the middle of the night. Light given off by these devices can affect your circadian rhythm.

TIP #2: Schedule your sleep time – Go to bed at the same time every day and wake up at the same time every day.


TIP #3: Incorporate white noise – White noise is restful. A fan or air purifier is ideal because it does double duty of providing soft background noise as well as keeping the room cool.

TIP #4: Cool down your body and your room – Make sure your room is cool prior to getting in to bed. Also refrain from taking a warm bath or long shower just before bed. Heating up your core temperature can negatively affect your body's ability to fall asleep. If you want take a bath or shower before bed, try to do it at least 2 hours before.

TIP #5: Avoid caffeine after 2:00 PM – Consuming caffeine after 2:00 can increase your chance of insomnia and disrupt your circadian rhythm.

TIP #6: Don't be afraid to take a daily nap – Contrary to popular belief, a daily nap can help you feel more rested. If you want to take daily naps, just make sure you: take your nap at the same time every day, keep it around 20 minutes so it doesn't effect your evening sleep schedule, and take your nap in the early afternoon.

TIP #7: Get in the sun soon after you wake up – Once your up don't lounge in bed or around the house. Get in to the sunlight as soon as you can. The bright light tells your body's natural biological clock that it's time to wake up, and that same clock will then be set to tell your body it's time to go to sleep about 14 to 16 hours later.



TIP #8: Avoid the pre-sleep cocktail – Alcohol CAN help increase drowsiness, however once the alcohol wears off, sleep can be very disrupted.

TIP #9: Don't exercise right before bed – Exercise can definitely help you sleep more soundly. However, exercising right before bed can disrupt your sleeping patterns.

TIP #10: Schedule your worry time – If you're someone who worries about anything and everything right when you close your eyes, schedule a 15 minute block of time where you get your worries out. Either talk about them with a loved one or write them down.