

Tips to Sleep Better

A **good night's sleep** means

- Sleep more time while in bed
- Fall asleep in 30 minutes or less
- Wake up no more than once per night
- Awake for 20 minutes or less after initially falling asleep
- Sleep better, feel refreshed or alert throughout the day

What you do in the daytime matter:

- Exercise regularly
- Reduce irregular or long daytime naps
- Increase bright light exposure during the day
- Try to sleep or wake at consistent times

What you eat and drink matter:

In the evening,

- Do not drink alcohol or any liquids
- Do not smoke or use tobacco
- Do not eat a large meal
- Do not eat late
- Do not consume caffeine
- Try to have healthy food – lots of vegetables and fruit

Where you sleep matter:

- Temperature of the bedroom
- Noise
- Light – avoid blue light in the room (even in alarm clock, recommend red light)
- Comfortable bed, mattress & pillow

What you do before bed matter:

- Do not bring your worries to bed
- Do not exercise before bed
- Do not take drugs that keep you awake / hyper or energized
- Do not force yourself to sleep
- Do not check the time during nighttime

Try to have:

- Take a warm bath or shower
- Relax your mind



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- Reduce blue light exposure at night
- Use the bathroom before going to bed

When to see your doctor:

- Rule out sleep disorders: sleep apnea, sleep movement disorder, sleep/wake disorder, sleepwalking, PTSD
- Have an injury / in great pain
- Feel anxious at night
- Have bad dreams or nightmares
- Can lead to referral to sleep clinics – consults, education, diagnosis, and treatment

Please call 811 for any health-related information. Free, 24/7 and interpretation available.

Resources:

Translated health information <http://DiversityCalgary.ca>