

Improve Your Sleep Hygiene

If you are having trouble falling asleep or staying asleep, do not rush toward sleeping pills but learn how to master your sleeping skills. Try these tips:

CONTROL THE SLEEP ENVIRONMENT:

- Comfortable bedding
- Cooler room temperature
- Eliminate as much light as possible
- Turn off TV and blue screens
- Limit bed for sleep or sex only

BE MINDFUL OF FOOD & DRINK INTAKE:

- Reduce caffeine intake especially after 2pm
- Don't eat a big meal before bedtime
- Reduce alcohol intake (too much can lead to waking up in the middle of the night)



For more information visit:
<http://bit.ly/BowdoinMHMoments>