HOW TO GET A GOOD NIGHT'S SLEEP

Basic Sleep Hygiene Guidelines Include the Following:

1. Caffeine (coffee, tea, and cola) is a stimulant and should be avoided at least 4 to 6 hours before bed time.

2. Nicotine is a stimulant; avoid smoking around bedtime and when waking at night.

3. Avoid alcohol in the evening – Alcohol is a depressant; it may help induce sleep but will disrupt it later in the night.

4. A light snack may help but don't eat a heavy meal before bedtime.

5. Regular exercise may deepen sleep, but avoid exercising too close to bedtime as this can be over stimulating. Some find that exercising 4 – 6 hours before bedtime is ideal.

6. Avoid extreme room temperature or humidity; keep it moderate. Some find that wearing socks or a 'nightcap' helps keep them warm. Some find that humidifiers help.

7. Keep your bedroom quiet and darkened.

8. A warm, hot bath works for some people, when taken 1 – 2 hours before bedtime.