

## 10 Tips to Get Better Sleep

We all have trouble sleeping from time to time. But you can make it easier to get a good night's sleep every night with these simple steps.

1. **Cut caffeine.** Simply put, caffeine can keep you awake. It can stay in your body longer than you might think; the effects of caffeine can take as long as eight hours to wear off. Cutting out caffeine at least four to six hours before bedtime can help you fall asleep easier.
2. **Avoid alcohol as a sleep aid.** Alcohol may initially help you fall asleep, but it also causes disturbances in sleep resulting in less restful sleep.
3. **Relax before bedtime.** Stress not only makes you miserable, it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime.
5. **Exercise at the right time for you.** Regular exercise can help you get a good night's sleep. The timing and intensity of exercise seems to play a key role in its effects on sleep. Regular exercise in the morning even can help relieve insomnia, according to a study.
6. **Keep your bedroom quiet, dark, and comfortable.** For many people, even the slightest noise or light can disturb sleep like the purring of a cat or the light from your laptop or TV. Use earplugs, window blinds or curtains, and an electric blanket or air conditioner; everything possible to create an ideal sleep environment. Ideal room temperatures for sleeping are between 68 and 72 degrees Fahrenheit. Temperatures above 75 or below about 54 can disrupt sleep.
7. **Eat right, sleep tight.** Try not to go to bed hungry, but avoid heavy meals before bedtime. An over-full belly can keep you up. Some foods can help, though. Milk contains tryptophan, which is a sleep-promoting substance. Other foods that may help promote sleep include tuna, halibut, pumpkin, artichokes, avocados, almonds, eggs, bok choy, peaches, walnuts, apricots, oats, asparagus, potatoes, buckwheat, and bananas.
8. **Restrict nicotine.** Having a smoke before bed -- although it feels relaxing actually puts a stimulant into your bloodstream. The effects of nicotine are similar to those of caffeine. Nicotine can keep you up and awaken you at night.
9. **Avoid napping.** Napping can only make matters worse if you usually have problems falling asleep.
10. **Keep pets off the bed.** Does your pet sleep with you? This, too, may cause you to awaken during the night, either from allergies or pet movements. Fido and Fluffy might be better off on the floor than on your sheets.
11. **Avoid watching TV, eating, and discussing emotional issues in bed.** The bed should be used for sleep and sex only. If not, you can end up associating the bed with distracting activities that could make it difficult for you to fall asleep.

**If you would like more information, please contact  
Med-Cert, Inc. at 866-633-2378 (toll free) or at [www.medcertinc.com](http://www.medcertinc.com)**



**MED-CERT**  
Medical Management Resources  
*Guiding your way to better health management*