

TIPS FOR A GREAT NIGHT'S SLEEP

- 1. Go to bed at about the same time every night.*
- 2. If you read before going to sleep, make sure the material is calming and enjoyable*
- 3. Do a relaxing activity at least 1/2 hour before you want to fall asleep*
- 4. While laying in bed, practice tensing and relaxing with nice deep and even breaths.*
- 5. Tell yourself positive thoughts and picture yourself in a favorite, peaceful place.*
- 6. Clear your mind of worries and hassles, telling yourself that you can address them tomorrow when you are more awake*
- 9. Take a warm bath about an hour before bed*
- 10. Have a glass of warm milk while you have your quiet time*
- 11. Stay away from things that amp you up like video games and caffeine or alcohol*

DON'T:

- ◆ Get into arguments before bed*
- ◆ Start thinking about upsetting thoughts*
- ◆ Watch violent TV or read distressing books before*