SPRING AHEAD – TIPS FOR BETTER SLEEP

Daylight savings time (Sunday, March 8th) and can be a great time to set new sleep habits.

1. **Be consistent** – Try to limit the difference in your sleep schedule on weeknights and weekends to no more than one hour. Staying consistent reinforces your body’s sleep-wake cycle.

2. **Limit daytime naps** – Limit naps to no more than 30 minutes and avoid doing so too late in the day.

3. **Create a peaceful environment** – This often means cool, dark and quiet. Wash your bedding often to help eliminate dust and dander.

4. **Watch what you’re eating** – Don’t eat too much or too little within the hours prior to sleep. It’s also important to watch your consumption of caffeine and nicotine, they have stimulating effects that help keep you awake.

5. **Introduce physical activity into your routine** – Engaging in regular physical activity can help you sleep better.

6. **Limit exposure to blue light** – Blue lights in your phone, computers and TV can delay the onset of deep sleep. Plan to turn off these devices before you get into bed.

7. **Know when to talk to your doctor** – If you have continuous trouble sleeping be sure to talk to your doctor.