

Keep a copy of this chart in your bedroom so you can review the do's, and take a snooze!



Avoid all ambient light in the bedroom.



Avoid watching TV 90-minutes before bedtime.



Wake up at the **same time of day** and get out into the morning light!



Avoid alcohol and heavy meals before bedtime.



Stop drinking caffeine at 12:00 pm.



Avoid laptops, tablets, e-readers, and cell phones 90-minutes before bedtime.



Relax with a **good book in bed.**



Try and avoid **daytime naps.**



Exercise in the morning, afternoon, or evening but not within an hour of bedtime.



Use your bedroom for **sleep and sex only.**



Practice **quiet and calm** activities before bed.