Make your day more sleep-friendly

Here are some things that you can do to help you get a better sleep.

**Keep good habits during the day that help you sleep at night**

☐ **Keep your bedtime and wake up times consistent.** Get up and go to sleep at roughly the same time every day so your body gets used to it.

☐ **Keep a sleep diary to figure out which habits work best for you.** This will help you see if you’re getting enough sleep and notice how your habits affect your sleep.

☐ **Get 10-20 minutes of daily aerobic exercise.** Regular exercise can help you sleep longer and have a more restful sleep.

**Avoid things during the day that disrupt your sleep at night**

☐ **Don’t eat big meals before bed.** A big meal can make you feel uncomfortable and disrupt your sleep.

☐ **Use your bed for sleep, not watching TV or texting.** Your brain should associate your bed with sleep, not with daytime activities that keep you up.

**Create a good sleep environment at night**

☐ **Avoid light at bedtime.** Block outside light using curtains or a sleep mask, keep your phone out of sight, and cover up any small sources of light, such as digital clocks.

☐ **Control the noise around you.** Wear earplugs or use a white noise app to muffle unwanted noises.

☐ **Keep your room comfortably cool.** A cool temperature can encourage sleep so set the temperature to about 15-20 degrees Celsius, at whatever temperature is most comfortable.