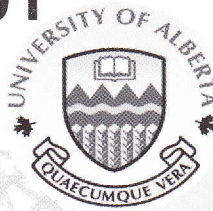


Sleep Strategies 101

- *Stick to a sleep schedule—Go to bed and wake up at the same time every day.*
- *Avoid caffeine and nicotine in the evening.*
- *Remember that alcohol interferes with restorative sleep so try not to drink close to bedtime.*
- *Don't exercise within 2 hours of bedtime.*
- *Avoid large meals and beverages late at night.*
- *Don't take a nap after 3 p.m.*
- *Relax before bed—for example, do self-massage or listen to soft music or a taped book.*
- *Take a warm bath or shower to raise your core body temperature.*
- *Create a good sleeping environment that is quiet, cool and dark. Heat, noise and light are not helpful for sleeping.*
- *It is very important to eliminate light in the bedroom! If you must fall asleep with the TV on, be sure to put it on a timer so you are not exposed to light all night long.*
- *The lights from electronic devices like tablets and laptops interfere with sleep- avoid using them within 60 minutes of bedtime.*
- *Try a white noise machine or a fan to block out alerting background noise.*
- *See a doctor if you snore. Snoring may indicate sleep apnea and requires treatment.*

Remember- don't take on too many changes at one time- **small changes** can make a **big difference** and add up to a **better sleep!**



Sleep Strategies 101

There are sleep strategies on the back of this card. To learn the science behind why these strategies work check out the following websites:

- Canadian Sleep Society brochures- <http://www.canadiansleepsociety.ca/publisher/articleview/frmArticleID/341/>
- Insomnia in Adults and Children (online book)- http://www.sleepontario.com/resources_books.php
- CBS documentary- "the Science of Sleep" - http://www.cbsnews.com/8301-18560_162-3939721.html
- BBC Science of Sleep- (lots of fun games here too!)- <http://www.bbc.co.uk/science/humanbody/sleep/>
- David Suzuki- Nature of Things "lights Out" - <http://www.cbc.ca/natureofthings/episode/lights-out.html>

note to self- 'little changes can make a big difference'

