

1. **Establish a regular routine** that includes going to bed and getting up at the same time every day, even on weekends; consistent sleep and wake times will improve your overall health.
2. **Get an adequate amount of sleep every night.** Most adults need approximately 7-9 hours of sleep per night.
3. **Go to bed when you are sleepy.** If you have difficulty falling asleep within about 20 minutes, leave the bedroom and do something relaxing until you are sleepy. During this time, avoid bright lights.
4. **Give yourself time to wind down before going to bed.** Avoid stress and worries at bedtime by addressing tomorrow's activities, concerns or distractions earlier in the day. Certain activities, such as listening to soft music or reading, can help you wind down.
5. **Use your bed for sleeping.** Avoid other activities in bed like watching TV or using a smartphone, which could make it more difficult to fall asleep. If you use a smartphone at bedtime, make sure that you dim the screen.
6. **Avoid heavy meals up to 3 hours prior to your planned bedtime.**
7. **Do not consume alcohol within 3 hours of bedtime.** Although alcohol may help you fall asleep more easily, it disrupts your sleep during the night by causing frequent awakenings. All drugs of abuse worsen your sleep.
8. **Exercise regularly, but avoid vigorous exercise close to bedtime.** Regular exercise, even for 20 minutes three times per week, promotes deep sleep.
9. **Don't nap for more than 30 minutes during the day.** Avoiding daytime naps will ensure that you are sleepy at night. Long naps disrupt your ability to stay asleep at night, especially if they occur within a few hours of your planned bedtime.
10. **Create a sleep-friendly bedroom environment.** Maintain a dark, quiet and cool room to sleep in.

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