

Sleep Tips

1. Keep a consistent wake up schedule.
2. Cut off caffeine by 2 p.m. (ideally before noon).
3. Get bright light when you wake up (and drink a glass of water).
4. Exercise
5. Avoid alcohol – If you drink, avoid alcohol 3 hours before bed.
6. Avoid bright screens within 1 to 2 hours of bedtime.
7. Wind down before bed with a nighttime routine.
8. Get natural light during the day.