Studies have shown the relationship between inadequate sleep and a wide range of health conditions, including hypertension, obesity, type-2 diabetes, impaired immune functioning, cardiovascular disease, mood disorders, neurodegeneration and dementia, and even loneliness. Here are eight simple tips to help you start getting a good nights sleep.

**GUIDE TO GETTING MORE SLEEP**

- **STICK TO A SLEEP SCHEDULE**
  Got to bed and get up at the same time every day. This includes weekends and during vacations.

- **CREATE A PRE-BEDTIME ROUTINE**
  Try winding down for 30 minutes, lowering the lights, and disconnecting from devices.

- **CREATE A RESTFUL ENVIRONMENT**
  Make sure your bedroom is a place of comfort and relaxation from bedding to room temperatures.

- **LIMIT NAPS**
  Take smaller and earlier in the day naps to avoid throwing off your sleep schedule.

- **INCLUDE PHYSICAL ACTIVITY IN YOUR ROUTINE**
  Physical activity initiates a change in energy use and body temperature promoting sleep.

- **MANAGE WORRIES**
  Calm your mind throughout the day with meditation, yoga, and breathing exercises.

- **PAY ATTENTION TO WHAT YOU EAT & DRINK**
  Monitor your caffiene intake, be mindful of alcohol, and don’t eat too late to help with digestion.

- **KEEP A SLEEP DIARY**
  Experiment and find out what works best for you.

**RESOURCES**

- [https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379)
- [https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips](https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips)
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6281147/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6281147/)