Tips for Successful Slumber...

- **Set a bedtime and wake-up time.** A schedule teaches your body to expect sleep at a certain time each night.

- **Curb napping.** A 30-min. snooze before 3pm can help make up for lost sleep, but later naps could hinder sleep at night.

- **Limit Alcohol, caffeine, and nicotine.**

- **Avoid large, late meals.**

- **Establish a soothing bedtime routine.** A warm bath, reading, or listening to mellow music will help you wind down.

- **Keep your bedroom cool, dark, and quiet.**

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### Signs of a **sleep disorder**

- Difficulty falling asleep at night.
- Waking up frequently and having trouble getting back to sleep.
- Waking up too early in the morning.
- Feeling tired upon waking.
- Feeling drowsy or irritable during the day or napping frequently.
- You have been told you snore loudly, snort, gasp, or appear to choke during sleep.

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- **Turn off the technology.** In a 2011 poll by the National Sleep Foundation, 95% of participants said they watched TV or used a computer/electronic device in the hour before bed. Light-emitting screens discourage sleep.

- **Use your bed only for sex and sleep.**

- **Exercise early in the day.** Regular aerobic exercise promotes sleep, but evening workouts can impede it by raising body heat.

- **Use natural light.** It keeps your internal clock on a healthy schedule. Open shades to wake with the sun, and spend at least 30 minutes outside daily.

Consumer Reports on Health—April 2012