HOW TO SLEEP BETTER

1. SNOOZE FOODS: Have a bedtime snack of carbs and calcium to increase tryptophan, a natural sleep aid. Examples: warm milk, cheese & crackers, fruit, or yogurt.

2. SMELL: Aromatherapy is used to positively affect a person’s mood or health. Lavender is calming and soothes nerves. Jasmine is relaxing and an antidepressant.

3. SOUND: Turn off distracting noises or play white noise relaxing music.

4. TOUCH: Have plenty of pillows, blankets & comfy clothes. Also relax your jaw.

5. SIGHT: If you can’t create a truly dark environment, try purchasing an eye mask.

- FALL ASLEEP IN YOUR BED
- TAKE DEEP BREATHS
- AVOID NEGATIVE THOUGHTS
- LET GO OF YOUR STRESSFUL DAY
- TAKE A WARM BATH OR SHOWER
- AVOID LONG NAPS
- DON’T STUDY IN YOUR BED
- IF YOU DON’T FALL ASLEEP WITHIN 20 MINUTES, GET OUT OF BED AND DO SOMETHING QUIET AND CALMING FOR 20 MINUTES, THEN TRY AGAIN.