1. Establish a regular bedtime and waking time.
2. Allow yourself to take a nap if tired, but do not exceed 45 minutes of daytime sleep.
3. Avoid excessive alcohol ingestion 4 hours before bedtime and do not smoke.
4. Avoid caffeine 6 hours before bedtime.
5. Choose a bedtime snack that won’t disrupt your sleep.
6. Exercise regularly, but not right before bed.
7. Use comfortable, inviting bedding.
8. Find a comfortable sleep temperature and keep the room well ventilated.
9. Block out all distracting noise and eliminate as much light as possible.
10. Avoid hanging out in your bed. It should be reserved for sleep and sex.

3 ELEMENTS OF QUALITY SLEEP

1. DURATION
   The length of sleep should be sufficient for the sleeper to be rested and alert the following day.

2. CONTINUITY
   Sleep periods should be seamless without fragmentation.

3. DEPTH
   Sleep should be deep enough to be restorative.

For more information visit worldsleepsociety.org