

How to Sleep Better at Night

Getting a good night's sleep can help you feel better. It can help children and adults think better during the day. It might even help your body heal faster and make you live longer.

There are things you can do to help your family sleep better at night. Everyone will feel better and have a better day when they get some sleep!



Ways You and Your Family Can Sleep Better

Do the Same Thing Every Night. Brush your teeth, take a shower or bath and put on your pajamas every night. Have children do this too. You can also read a story with your children. Doing the same things teaches your body that you are ready for sleep.

Turn Off Screens and Computers. Turn off any TVs, Tablets, phones, or computer screens 1-hour before you lay down. Keep TVs and computers out of the bedroom. Keep kids' phones out of their bedrooms during sleeping hours.

Make Your Room Dark and Cool. Turn the temperature in your house down to 69 degrees if you can. Turn off all the lights or use a very small light. If your child needs a nightlight, that is okay to use.

Eat Foods that Help You Sleep. Some chemicals in drinks and food can keep you up at night. Chocolate, soda or pop, beer and wine can all keep you awake. Drink water. If you are hungry, have a light snack like cheese and crackers. Eating too much before bed can keep you awake.

Stop Smoking. Smoking makes you sleep lightly and wake up early. This is because your body wants a cigarette. When you stop smoking you will sleep deeper and longer.

Walk or Exercise. Exercising or walking for 30 minutes can help you sleep. Exercise as early in the day as you can. If you walk close to bed time, it might keep you awake.

We're Here for YOU!

If you keep having sleep problems, please talk to your doctor at your next visit. If you have any questions in the meantime, we're here for you. Just call us at **1-800-578-0603**. TTY users may call **711**. We want to help you!

