5 Tips to a Better Night's Sleep

Do you struggle to get a good night's sleep? If so, you're likely feeling fatigued throughout your day, which can cause serious problems for your health, your job and your life. Try these five tips that may help you get a better night's sleep:

Eat nutritiously.

Good eating habits can help you sleep better and feel energized all day.
Also, avoid big meals right before going to bed.

Exercise regularly.

This also helps your sleep quality and daytime energy level. Just be
sure to avoid vigorous exercise close to bedtime.

Avoid stimulants like caffeine before bed.

Stimulants like caffeine and nicotine promote alertness, which can make it difficult
for you to fall and stay asleep, so it's important to avoid them for 3-4 hours before bed.

Stick to a schedule, even on the weekends.

Try to go to bed and wake up at the same time each day to keep your body
on a consistent schedule.

Put the electronics away.

Blue-light emitting electronic devices can prohibit you from getting a good night's sleep.
To reduce the effects of these sleep-stealing devices, refrain from using them for at least
an hour before bed.

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