

# got sleep?

- Regulate sleep schedule as much as possible.
  - Exercise regularly: even 10 minutes helps.
  - Stop caffeine 4 hours before bed.
- Establish a bedtime routine.
  - No smoking before bed.
  - Use bed for sleep & sex only.
- Resolve daily dilemmas outside bedroom.
  - Create a comfortable sleep environment.
  - Skip nightcaps: alcohol impairs deep sleep.
  - Power down lights & electronics before bed.
- Get out of bed & leave bedroom if not asleep in 20 min.
- No naps during the day, if you have trouble sleeping at night.

Need help optimizing your sleep and getting enough rest?  
Contact Behavioral Science Services at (213) 486-0790.

