GOOD SLEEP = EXCELLENT PERFORMANCE

No caffeine (including <u>cola</u> & chocolate) 4 to 6 hours before bedtime.

Set your body clock. Keep the same sleep schedule daily. Don't try to catch up by sleeping late on the weekends.

Avoid naps. In general, taking naps during the day leads to poorer sleep patterns. If you must nap, do so for no longer than 20-30 minutes ("power-nap"). Six hours before bedtime, no power-naps.

Develop a bedtime routine (for 1 hour before bedtime). This may include hot bath, listening to soothing music, deep breathing, meditation, etc.

Create a conducive sleep environment. Cool, dark, and uncluttered space. Use white noise, eye shades, or ear plugs, if noise and/or light interfere with sleep.

No large meals at least 3 hours before bedtime.

Avoid spicy foods.

Try a light snack before bed. Warm milk and foods high in the amino acid tryptophan such as peanut butter and cheese may help with sleep.

Sleep inducing aids such *B*enadryl and Tylenol PM should be used only on occasion.

No alcohol or tobacco within 4 to 6 hours of bedtime*.*

No computer, TV, or arguments 1/2 an hour before bed. Listen to soothing music or read.

Exercise regularly, but complete it 4 hours prior to bedtime.

Take a hot bath 1 hour prior to bedtime.

No work or studying 1 hour before bedtime.

Don't study, work, read, or watch TV in bed.

Don't take worries to bed. Set aside a worry period earlier in the evening. Write out the issues and how you will tackle them the next day.

If you wake up and cannot get back to sleep within 15-20 minutes, get out of bed and do something relaxing until you feel tired. Keep your bed associated with falling to sleep.