

Tips to Get Your Best Sleep



Overview

You get better sleep when you practice good sleep hygiene. That means preparing your body, mind and environment for restful sleep. When these methods still don't help you to get good sleep, you may want to consult with a sleep expert.

What To Expect

Tips to Get the Best Sleep

Follow these tips for a good night's sleep:

- **Get enough sleep.** The recommended sleep per day is 7 to 9 hours for adults.
- Establish a sleep routine. **Go to sleep at the same time every day**, so your body gets in a routine. Also, wake up at the same time every day.
- **Turn off electronics.** Avoid bright indoor/natural lights and electronics (like smartphones or computers) at least 2 - 3 hours before bedtime.
- Reserve your bed for sleep. **Use your bed and bedroom for sleep** and intimacy only. Do not watch TV, eat, read, use electronic devices, etc. in bed.
- **Avoid napping.** If you must take a nap, then nap no later than 3 pm. Limit the nap to 15 - 20 minutes.
- Avoid substances that interfere with sleep for a few hours before bedtime, including caffeine, alcohol and nicotine.
- Keep your bedroom **cool, dark and quiet.**
- **Try a relaxation technique.** Relaxation methods include meditation, deep breathing and visual guided imagery.
- Can't sleep? Don't stay in bed. **Go to bed when you feel tired.** If you cannot fall asleep within about 20 - 30 minutes, get out of bed and go to a different, dimly-lit room and do something relaxing. When you become tired, return to the bedroom to fall asleep.
- **Get regular exercise** and maintain a healthy diet to provide better energy levels throughout the day and promote better sleep.

When Self-Help Doesn't Help

If you are still unable to get restful sleep, you are not alone. Our sleep specialists can help identify why you are having difficulty falling asleep, staying asleep or having restorative sleep.

Talk to your doctor if you need to see a sleep specialist. You can also visit [iuhealth.org/SleepDisorders](https://www.iuhealth.org/SleepDisorders) to schedule an appointment with a sleep specialist nearest you.