

Avoid naps—if they cause problems

If you do nap, try to keep them 30 minutes or less, and cut out naps completely if you experience sleep problems at night.

Avoid going to bed to hungry or too full

Try to avoid large meals before bedtime. If you're hungry at bedtime, try a light, healthy snack.

Get up if you don't fall asleep in 30 minutes

Trying too hard to sleep usually backfires! Instead, get out of bed and do something relaxing until you feel drowsy.

Make your bedroom comfortable

Use your bedroom only for sleeping—not working or studying.

Let go of the idea that your sleep *must* be perfect

Most people can get through the next day if they feel a little bit tired (unless that puts people in danger, of course). Worrying about your sleep only makes it harder to sleep well.

If you often have problems falling asleep or staying asleep, often wake up feeling tired, or often feel so tired that it affects your daily activities, it's a good idea to talk to your doctor.



Find more tips and a sleep skills diary in the Getting a Good Night's Sleep Wellness Module at www.heretohelp.bc.ca/wellness-modules