






# 5 Ways to Sleep Well



According to the Centers for Disease Control and Prevention (CDC), you should be getting at least seven hours of sleep each night. Sleep is essential for maintaining a healthy, productive, and low-stress lifestyle. If you're having trouble getting enough sleep every night, try these five tips.

<p><b>1</b></p> 	<p><b>2</b></p> 	<p><b>3</b></p> 	<p><b>4</b></p> 	<p><b>5</b></p> 
<p><b>Avoid Caffeine After Mid-Afternoon</b></p>	<p><b>Keep a Consistent Sleep Schedule</b></p>	<p><b>Create a Pre-Bedtime Routine</b></p>	<p><b>Worry and Sleep Don't Mix</b></p>	<p><b>No Electronics in the Bedroom</b></p>
<p>Caffeine, which can be found in soda, chocolate, tea, and coffee can keep you from getting a good night's sleep. Try to limit or avoid these items after mid-afternoon to avoid the 'I can't sleep' caffeine buzz.</p>	<p>A regular sleep schedule (including the weekends) can help ensure a better quality and consistent sleep. Going to bed and waking at the same time every day helps to set your body's internal clock.</p>	<p>About an hour before bed, engage yourself in a relaxing activity before you go to sleep like taking a warm bath, reading a book, journaling, meditating, stretching, etc.</p>	<p>When you worry, it creates the stress hormone cortisol, which makes you more alert. Try to calm your mind down before bed by writing down your concerns, to-dos, and thoughts.</p>	<p>Your cellphone, laptop, e-reader and other electronic devices can wreak havoc on your sleep. These devices can stimulate your brain and suppress the brain's release of melatonin, which is a hormone that helps you fall asleep.</p>

For more ideas on how to sleep well, check out [www.unh.edu/health](http://www.unh.edu/health).