



10 Rules of Sleep

1. Set a **fixed time** for going to bed, and waking up.
2. If you are in need of a nap, **do not exceed 45 minutes of daytime sleep**.
3. **Avoid excessive alcohol** 4 hours before bedtime and **quit smoking**.
4. **Avoid caffeine** 6 hours before bedtime. This includes **coffee, tea and many fizzy drinks**, as well as **chocolate**.
5. **Avoid heavy, spicy, or sugary foods** 4 hours before bedtime. A light snack before bed is still ok.
6. **Exercise regularly**, but not immediately before bed.
7. Use clean and comfortable bedding: **natural cotton sheets** work best.
8. Find a **comfortable temperature** for sleeping, preferably cool, and keep the room well ventilated.
9. **Close the door** to block out all distracting noise and **keep the room as dark as possible**.
10. Reserve the bed for sleep and sex. **Don't use the bed as an office, workroom or recreation room**.

