

## **Skills for Better Sleep**

1. **Develop regular sleep times.** “The circadian system that regulates sleep and wakefulness is a biological clock that runs on a 24-hour cycle.” (National Sleep Foundation, 2008)

Set a regular sleep schedule that provides enough time for sleep (7-9 hours). Practice getting up and going to sleep at the same times regardless of how tired or awake you feel.

One of the most effective strategies for sleep problems is increasing your “sleep drive” which is a force that increases the longer you go without sleep. Napping, as well as

8. **Alter your sleep environment:**

Light reduction is the most powerful environmental change since people can detect the dim light of dawn through their eyelids. Also, can you find a more comfortable pillow or mattress, and do you get too cold or hot at night?

9. **Develop a pre-sleep relaxation routine:**

This can include: soothing music, stretching, meditation, etc. Practice calming yourself and

bedtime. Consider using a light filter on your window to help you fall asleep.