

Florida Healthcare Associates

Tips for Better Sleep



- The most important conditions are **schedule** and **environment**
- Your sleep **environment** should be:
Cool, dark and quiet
(Ideal temperature for sleep is **68-70 degrees** with an overhead fan for air circulation)
- Go to **sleep** and **wake up** at the **same time** every day
- Don't consume caffeine late in the day. Limit alcoholic beverages. Avoid sweets (cereal, ice cream etc.) at night.
- Spend time in the daylight and stay active during the day
- Use curtains, stickers for cable boxes etc., have doors closed to keep room dark (always have a safe path to the bathroom, **tap lights** are great!)
- A heavier blanket has been shown to help with sleep and anxiety
- No **television**, **Kindle readers**, or **phone use** for at least one hour Prior to sleep
- Try exercising at night

If you ever find yourself **gasping for air, snoring**, waking up with a **headache/dry mouth**, or **feeling exhausted** during the day ask your provider about getting **tested** at **home** for **sleep apnea**.