

10 Rules of Sleep

1

Fix regular times for going to bed and for getting up

2

If you nap during the day, don't allow yourself more than 45 minutes of sleeping time

3

Stop consuming alcoholic beverages four hours before bedtime and don't smoke at all

4

Avoid caffeine beginning six hours before bedtime. This includes not only coffee and tea, but many soft drinks and chocolate as well

5

Avoid heavy, spicy, or sugary foods starting four hours before bedtime. A light snack just before retiring is okay

6

Exercise regularly, but not right before bed

7

Use comfortable bedding

8

Find a comfortable temperature setting for your bedroom, and keep the room well ventilated

9

Block out all distracting noise and eliminate as much light as possible

10

Reserve your bed for sleep and sex. It is not an office, a workroom, a movie theater, or TV viewing venue