



## Sleep | 14 Tips to Improve Sleep

This is a set of sleep tips by one of our Cleveland Clinic physicians, **Dr. Hyman**. It is one of our teams “go to resources.”



# 1

### Practice the regular rhythms of sleep —

go to bed and wake up at the same time each day.

# 2

### Use your bed for sleep and romance only —

not reading or television.

# 4

### Create total darkness and quiet —

consider using eyeshades and earplugs.

# 3

### Create an aesthetic environment that encourages sleep —

use serene and restful colors and eliminate clutter and distraction.

# 5

### Avoid caffeine —

it may seem to help you stay awake but actually makes your sleep worse.

# 6

### Avoid alcohol —

it helps you get to sleep but causes interruptions in sleep and poor-quality sleep.

# 7

### Get regular exposure to daylight for at least 20 minutes daily —

the light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood and aging.

# 8

### Eat no later than three hours before bed —

eating a heavy meal prior to bed will lead to a bad night's sleep.

# 9

### Don't exercise vigorously after dinner —

it excites the body and makes it more difficult to get to sleep.

# 10

### Write your worries down —

one hour before bed, write down the things that are causing you anxiety and make plans for what you might have to do the next day to reduce your worry. It will free up your mind and energy to move into deep and restful sleep.

# 11

### Take a hot salt/soda aromatherapy bath —

raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension physically and psychically.

*By adding one-and-a-half to one cup of Epsom salt (magnesium sulfate) and one-and-a-half to one cup of baking soda (sodium bicarbonate) to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep.*

# 12

### Download a relaxation or meditation App —

this helps relax the body making it easier to fall asleep.

Try our *Mindful Moments App*, available in the [App Store](#) and [Google Play](#).

# 13

### Get a massage or stretch before bed —

this helps relax the body making it easier to fall asleep.

# 14

### Warm your middle —

this raises your core temperature and helps trigger the proper chemistry for sleep. Either a hot water bottle, heating pad or warm body can do the trick.