

Get back into a good sleep habit: a sleep plan

1. Go to sleep when you are tired: seems obvious but many people ignore the signs such as yawning and dozing off during your favourite TV program.
2. Get up at the same time everyday: this is more important than going to bed at the same time, as it is the time you wake up that resets your body clock to sleep that night.
3. Keep a sleep diary: note when you go to bed, approximately when you fell asleep and what you ate or drank before bed.
4. Avoid TV and computers: for at least an hour before you want to go to sleep.
5. Get yourself out of bed if you have been awake for more than 15 minutes
6. Make sure you are not too hot: your body heats up during the night, so turn the electric blanket and heater off. A room of 15-20 degrees is ideal for inducing sleep.
7. Make sure the room is dark and use ear plugs if it is noisy.
8. Ignore worrying thoughts about sleeping: instead focus on the fact that you're getting some sleep.

How does your Pre-bedtime sleep routine rate?

Do you relax before bedtime with friends like Jack Daniel or Johnnie Walker?

Yes: Ditch the alcohol.

Going to bed sans the sauce makes for a much more restful night. While alcohol may make you drowsy and fall asleep, it keeps you from falling into the deeper stages of sleep, when the body does most of its healing.

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Do you get a dose of coffee before bedtime?

Yes: Cut this out – stat!

You probably already know that caffeine is a stimulant designed to keep you up—an instant way to make sure the sandman won't be greeting you anytime soon. Since caffeine lurks in more than just coffee, check the labels on other culprits like chocolate, tea and soft drink.

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Is your bed the central hub for everything in your life... watching TV, eating, talking on the phone or having long, emotional talks?

Yes: Change your routine.

Your bed is for sex and sleeping, and that should be it. Otherwise you'll start associating your bed as the focus for things that are worrisome or troubling, making it hard for your mind to get quiet enough for a good night's sleep.

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Source: Womens Health Magazine, August 2010