

# 5

## Tips for Getting a Better Night's Sleep

### Does This Sound Familiar?

You find yourself wide awake in the wee hours of the morning because of something...maybe it is the dog wanting to go outside, maybe it is because you need to use the bathroom, maybe you find your stomach growling...but whatever the reason, after you satisfy the need that woke you, you find yourself tossing and turning for hours before you are able to fall back asleep.

Even though you were up late the night before, you find yourself wide away before your alarm begins buzzing...feeling like you are running on fumes.

You seem to get enough sleep, but you don't sleep well, you wake up groggy and feel tired all day.

### Check Out These Common Culprits and Learn How to Manage Them:

**1** Keep the room dark, even when you wake up.  
Consider keeping an eye-mask or earplugs nearby to minimize all noise and light.

**2** Avoid liquids before bed (particularly tea, coffee and soda.)  
And don't eat when you wake up unless you really are hungry.

**3** If you can't fall asleep, try a quiet, relaxation exercise.  
Relaxing methodically and deliberately can help you relieve stress and fall asleep more easily.

**4** Don't turn on the TV or computer.  
These culprits can re-engage your mind and keep you awake longer.

**5** Minimize all stressors and distractions.  
Try to reserve your bedroom only for sleeping and sex.

