Tips for Better Sleep

General Tips

● Wake up at the same time, every morning. This helps your body get into a rhythm
● Go to bed when you are sleepy if it is evening (rather than trying to go to bed earlier or stay up later)
● Start relaxing about an hour before you intend to fall asleep
● Avoid alcohol and other substances as a sleep aid
● Treat any medical or psychological concerns that might be interfering with sleep, like sleep apnea, anxiety, and depression
● To keep your sleep consistent, limit naps to shorter periods of time (20 minutes), and earlier in the day

Can’t Fall Asleep?

● Make sure your sleep environment is cool, dark, quiet, and comfortable
● Slow your breathing. Starting with 100, count down every time you exhale
● Each time you exhale, feel your body sinking into the bed. This helps you relax your muscles and feel more peaceful
● Go to bed when sleepy. If you are not sleepy, get up and do something relaxing

Can’t Stay Asleep?

● Waking up Hungry? Eat a light, healthy snack before bed
● Waking up to use the restroom? Limit liquids before bedtime

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