



## **Good Habits to improve sleeping**

- Retire within 2 hours and rise within 1 hour of the same time every day, even on weekends
- Avoid caffeine, nicotine and alcohol, which suppress deep sleep, within 3 hours of bedtime
- Avoid heavy meal within 3 hours before bedtime
- Use your bed for resting or sleeping, not for office work, watching television or playing video game (unless it helps you to doze off)
- Deep the bedroom quiet, dark and cool
- Make the bedroom unique. Add aromatherapy or linen sprays scented with lavender or rose.
- If you fail to fall asleep within 25 minutes, get out of bed and read for a while, selecting soothing material.