

# BEST MEDICAL CARE, PC

Corporate Office: 121-08 Hillside Ave., Richmond Hill, NY 11418 Tel: 718-850-1673



## 20 Tips for a Good Night's Sleep



### To fall asleep (without pills or alcohol)...

- ★ Avoid unnecessary medications with "alertness" as a side effect.
- ★ Exercise regularly.
- ★ Avoid stressful situations before retiring for the night (if this is not possible, try writing the problem down on a piece of paper so you won't have to keep going over it in your head).
- ★ Try to go to bed at approximately the same time every night (so your body's internal clock can get used to it).
- ★ Follow the same routine every night when getting ready for bed (like brushing and flossing your teeth, stretching, and reading a short article).
- ★ Use your bedroom only for sleeping and sexual activity (using it for other activities, even sedentary ones, creates a subconscious message that it is a wakeful place).
- ★ Engage in any relaxing activity before bedtime that helps you unwind.

### To get back to sleep after waking up in the night...

- ★ Avoid caffeine and spicy foods (especially in the latter part of the day).
- ★ Don't go to bed hungry (but don't overeat either: milk and tuna fish are

especially helpful in inducing sleep).

- ★ Practice relaxation techniques (such as relaxing your body's muscle groups gradually, from the toes up).
- ★ Avoid naps during the day.
- ★ Don't lay in bed wide awake more than 20 minutes (do something else in another room until you become sleepy).

### To improve the soundness of your sleep...

- ★ Make sure your bed is comfortable (add various thicknesses of foam rubber pads, if necessary, to adjust the hardness of the mattress to your taste).
- ★ Keep the temperature moderate (about 65°F, adjusting your heater, air-conditioner, fan, and number of blankets before you retire).
- ★ Try to wake up at the same time every morning every day (no matter when you fell asleep or how well you slept).
- ★ Avoid alcohol and tobacco (these substances disturb normal sleeping patterns).

### To get enough sleep...

- ★ Disconnect your phone (but remember to reconnect it in the morning).
- ★ Minimize noises and visual distractions.

### To make your bedroom conducive to sound sleep...

- ★ Lower any excessive noise levels and light levels (but use a low-level indirect fan if necessary to avoid stuffiness).
- ★ Try "environmental" recordings or a small synthesizer designed to simulate the type of peaceful sounds that might lull you to sleep.

Sweet Dreams!