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## **Sleep Better Tonight**

You've made a commitment to get the sleep you need to serve others and the Lord with energy! Now it's time for some basic tips and strategies. Here are some proven tips to "Sleep Better Tonight."

1. Develop a healthy nighttime and morning routine that prioritizes good quality sleep. Put steps into place to wind down at night and to jump start your day!
2. Establish a tech-free bedtime and sleeping space. It is better to watch TV, check social media, and eat somewhere other than the bedroom. Limit screen time before bed. Wear glasses that block blue light and/or install apps that block blue light on your smartphone.
3. To sleep better at night, build appropriate movement and exercise into your day. Exercising can help reduce anxiety and relieve stress. Be careful about exercising shortly before bedtime.
4. Reduce irregular or long daytime naps. While short power naps are beneficial, long or irregular napping during the day can interrupt your sleep patterns.
5. Pay attention to light, sound, and temperature. Too much light and noise can prevent you from falling asleep or staying asleep. Eye masks or earplugs can be very useful. Find a temperature--usually cooler--that works well for you.
6. Develop a routine of handing off the challenges and worries of the day to the Lord. Consciously stating that an issue is now in the Lord's hands, and he's got it, can help us create appropriate margin for sleep.
7. Stay away from alcohol before bed. Alcohol can negatively impact the quality of your sleep and make you more likely to wake up during the night. Try keeping a journal of how you sleep after a drink or two to verify this.
8. If you're finding it difficult to get to sleep, don't just lie there getting frustrated. Get up for a while and try reading and then go back to bed when you feel sleepier.
9. Keep a sleep diary or use a smart watch to track your sleep. Then analyze what conditions and routines produce a better night's sleep. Build those into healthy routines.
10. Google "best sleep tips" for a myriad of ideas that have worked for others (melatonin, aromatherapy, lavender, music choices, ruling out a sleep disorder, etc.)