**Improving Sleep**

1. Stretch before Bedtime.
2. Get into evening routine (see handouts)
3. Watch your reading and television programming before bedtime (materials can cause nightmares)
4. Participate in activities that are soothing and have low stimulation (avoid electroluminescent lights from computers, tv, cell phones and ipad). This can delay melatonin production.
5. Write down thoughts and worries that occur to you and remind yourself that they are on paper.
6. If you wake do not look at the clock.
7. Drink non-stimulate herbal tea’s
8. If you wake do not turn on lights as this will affect the bodies melatonin levels.
9. Use deep breathing to help yourself fall asleep.
10. When you wake in the morning tell yourself “I know I got enough sleep.”