

Sleep Like a



Saluki

Try these tips to improve your Sleep Hygiene



Cut out caffeine before bed. Avoiding caffeine later in the day may help you rest more soundly.



Create a sleep sanctuary. Make sure your bedroom is quite, dark and cool for an ideal sleep environment.



Set a Sleep Schedule. Set your body's internal clock to go to sleep and wake up at the same times each day.



Rely on Routine. Developing a relaxing ritual before bed could help you get to sleep easier.



Exercise regularly and avoid nighttime workouts. Vigorous activity right before bed may make it more difficult to fall asleep.



Don't get frustrated. If counting sheep doesn't work, try reading a book or listening to music to relax.



Balance Hydration. You don't want to wake up thirsty in the middle of the night, but you also don't want to wake up for a bathroom trip either.



Avoid late-night alcohol, nicotine, and eating.