



MAYO CLINIC
HEALTH SYSTEM



Get your zzzzz

If you have trouble falling asleep or staying asleep, you are not alone. Many people struggle with getting enough sleep, which can lead to daytime sleepiness, difficulty with attention and concentration, and low energy levels.

Try these five sleep hygiene tips to improve your sleep.

1

SET A ROUTINE.

Establish a regular rhythm by going to bed and waking up each day at the same time, even on weekends.

2

MINIMIZE LIGHT AND SOUND.

Light and sound can affect your quality and quantity of sleep. Create a dark and quiet space that can be your sleep sanctuary.

3

GET COMFORTABLE.

Invest in bedding that comforts and relaxes you, and lower your thermostat a few degrees to cool your room and core body temperature.

4

GET OUT OF BED.

If you find yourself tossing and turning, get out of bed and do something relaxing, such as reading a book or deep breathing.

5

MANAGE STRESS.

Worry can keep you up at night, so try practicing stress management techniques before you go to bed. Experiment with meditation, aromatherapy or keeping a gratitude journal.

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If you continue to struggle with your sleep, talk with your primary care provider.