

# QUICK TIPS FOR A BETTER NIGHT'S SLEEP

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- **Journal:** write down five good things– a daily highlight, someone who helped you, someone you helped, something you learned, and gratitude.
- Use a sleeping app.
- **Try left nostril breathing:** use your fingers to block your right nostril. Take a long, slow, gentle inhale through your left nostril. Then, exhale long, slowly and completely, again through the left nostril.
- Light a scented candle.
- Stop watching TV and turn off any bright lights two hours before heading to bed.
- Count backwards from 50.
- Quit caffeine by noon.
- Reduce irregular or long daytime naps.
- Try to sleep and wake at consistent times.
- Take a Melatonin supplement.