

# Eleven Tips to a Better Night's Sleep

Grand Rapids - "We all have too much to do, so take time out and recharge yourself by getting a good night's sleep," says Leroy Marmion, MD, a physician with mmhc's Sleep Medicine division. "The quality and quantity of your sleep can make all the difference in how productive you'll be the next day." Dr. Marmion offers eleven tips to help you get the sleep you need and deserve, as follows.

Maintain a regular wake time schedule,

including weekends; Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music; Don't go to bed until you feel drowsy; Create a sleep-conducive environment that is dark, quiet, comfortable and cool; Sleep on a comfortable mattress and pillows; Use your bedroom only for sleep and sex. It is best to take work materials, computers, and televisions out of the sleeping environment; Finish eat-

ing at least two to three hours before your regular bedtime; Exercise regularly. It is best to complete your workout at least a few hours before bedtime; Avoid nicotine (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep; Avoid caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake; Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.