

# Pick Six Infographic: Six Tricks for Better Sleep



With hectic schedules, the electric glowing light of our phones and tablets, the stress and anxiety of life, and a host of other factors contribute to many of us being sleep-deprived. Searching for that next cup of coffee, energy drink, or other ways to stay awake. We likely don't spend as much time thinking about prepping for a blissful night's sleep as we do searching for the next caffeine fix. Here are some tips to help you sleep better.



**1. Get on a Schedule – Go to bed and get up at the same time every day – even on weekends. If you're not seeing the back of your eyelids after 20 minutes get up and do something relaxing.**



**2. Think Before You Eat & Drink – stay away from nicotine, caffeine, and alcohol several hours before bedtime.**



**3. Create a Cocoon – a dark, cool room is best for sleeping. Put your phone or tablet down at least a few hours before bedtime. Take a few minutes to relax and unwind.**



**4. Nap Time – not much beats a good nap, but long naps during the day can wreak havoc on your sleep at night and your sleep schedule. On the nightshift? You may need a late day nap to make up your sleep debt.**



**5. Don't Worry – easier said than done sometimes, but the effort is worth it. Take time to bed to write down or resolve any nagging worries before you hit the sack.**



**6. Move it – regular exercise can be a great way to sleep better. Just be sure not to do it too close to bedtime.**

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