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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