



PENINSULA MENTAL HEALTH SERVICES
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Methods To Improve Sleep

1. Sleep in a comfortable place (ear plugs).
2. Keep regular sleep/wake schedule.
3. Exercise early in the day.
4. Avoid excessive alcohol, caffeine or food prior to bed.
5. Put mental concerns of sleep on paper.
6. Avoid naps.
7. Don't lie in bed awake for more than 30 minutes.
8. Don't worry about missed sleep.
9. Change sleep environment, move to couch.
10. Use of hypnotic sparingly and not regularly.