Tip Sheet: Get Adequate (6 to 8 hours) of Sleep Each Night

Your mood is definitely related to the amount and quality of sleep you get each night. People who are chronically sleep-deprived feel moody, depressed, and generally out of sorts.

Here are some tips for getting a good night's sleep. Try to follow as many of them as possible, adjusting for your individual circumstances.

Tips for Getting a Good Night's Sleep

- Go to bed and wake up the same time each day if possible.
- Develop a sleep routine to help train your body to know when it's time for sleep.
- Don't lie in bed awake for more than 20 minutes. Get up and read, watch TV, or listen to music until you feel sleepy.
- Exercise early in the day.
- Avoid caffeine, nicotine, and alcohol before bed. Caffeine and nicotine are stimulants and alcohol affects REM (dream sleep) and deep sleep.
- Create a sleep sanctuary. Your bedroom should be quiet, dark, and cool and should be used for sleep and sex only. Avoid working, eating, or watching TV in bed.
- Try to relax before bed. Take a warm bath or try meditating.
- If you continue to have trouble sleeping, talk to a health professional to rule out a physical or mental problem

Graphic idea: Picture of a person in bed with his eyes closed, sleeping.