COURAGE TO CARE

Make Sleep a Priority!

DAYTIME DO'S

GET BRIGHT LIGHT
upon waking as a signal to start the day (15-60 min)

TAKE NAPS IF NEEDED
<20 min can improve alertness, performance and memory

EXERCISE
closer to wake-time to signal daytime & improve sleep quality

NIGHTTIME DO'S

LIMIT ALERTING ACTIVITIES
like using screens & doing work

CREATE A ROUTINE
of quiet activities to get your mind & body ready to sleep

OPTIMIZE YOUR SLEEP
by keeping it dark, cool, quiet & comfortable

LIMIT

ALCOHOL BEFORE BED
can be sedating at first, but will disrupt your sleep

CHANGING SLEEP/WAKE CYCLE ON WEEKENDS
minimizes physiological "jet-lag"

DRINKING TOO MUCH CAFFEINE
can keep you from falling asleep, and won't be as useful when you need it