better sleep tips

use aromatherapy
lavender oil has a calming, sleep-supporting affect.

set up a regular routine time
for sleeping and rising every day of the week; maintain that same routine on weekends and vacation.

Find a **good temperature** for sleeping (cool is often the best).

**avoid eating a heavy meal or spicy foods** before bedtime. If you are hungry at bedtime, eat a light snack (complex carbs such as whole grain toast with a thin spread of peanut butter or a thin slice of cheese; bananas are a good choice, too).

get comfortable bed/bedding; eliminate clutter in your bedroom.

**avoid screen time** shortly before bedtime. The blue light from a computer, mobile phone or tablet screen can prevent your body from releasing the hormone melatonin, which plays a key role in falling sleep.

**get regular exercise**, but not right before bed.

**avoid drinking caffeine** 4-6 hours before bedtime.