
The Importance of Sleep

Handout 2: Tips to Better Sleep



Sleep is essential for maintaining overall health and well-being. To ensure you get the quality sleep needed to stay healthy and productive, follow these helpful tips:

1. Create a Sleep-Friendly Environment

- Keep your bedroom quiet, cool, and comfortable.

2. Watch What You Consume Before Bed

- Avoid caffeine, nicotine, heavy meals, and vigorous exercise close to bedtime.

3. Limit Screen Time

- Avoid TV, computer, and cell phone use right before bed. For children, turn off video games as part of their bedtime routine.

4. Stick to a Consistent Schedule

- Go to bed and wake up at the same time every day, even on weekends.

5. Avoid Alcohol Before Bedtime

- Alcohol can disrupt sleep patterns, so limit consumption before sleeping.

6. Relax Before Bed

- Take time to unwind with a calming activity such as reading a book or listening to soft music.

7. Spend Quality Time with Children

- Incorporate one-on-one quiet time with kids as part of their nightly routine.

8. Prioritize a Healthy Lifestyle

- Exercise regularly and maintain a nutritious diet to promote better sleep.

Source: National Heart, Lung, and Blood Institute. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health>

Mississippi State University Extension: [Sleep: As Important as Diet and Exercise for All Ages](#)