

# Sleeping Better

[crickets chirping, clock ticking] Does this ever happen to you?

Stress and worries about family, work, or school can swirl in your mind, keeping you awake.

It's really tough when you can't sleep.

And it can be harder to stay alert for something important the next day.

Whatever your reason, it can be so frustrating to toss and turn.

When you can't get to sleep here are some simple things you can try: Get regular exercise during the day.

Find the best time for you and for your sleep patterns.

And for at least 4 to 6 hours before bed, avoid caffeine.

That means no coffee, tea, energy drinks, or caffeinated sodas.

Something else that keeps people up: smoking or using tobacco.

So there's another good reason to quit.

Now, when it is time to go to bed, here are some things you can try: [crickets chirping] Go to bed and wake up at the same time each day--even on weekends.

[bird sings, alarm buzzing] [crickets chirping] Keep your bedroom cool, dark, and quiet.

Earplugs, a sleep mask, or a "white noise" machine can help.

Use your bed for sleeping, sex, and nothing else.

Power down.

Turn off all your devices--from your e-reader to your smartphone and from the TV to the computer.

The light from your devices can stimulate your brain.

And checking email or social media sites can make it harder for you to unwind.

If you still can't fall asleep or if you wake up during the night, [ocean waves, breeze] try imagining a place that is relaxing to you.

Focus on the details of that place and how you feel.

If that doesn't help, go ahead and get up and do a quiet or boring activity until you feel sleepy.

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[yawns] By making a few simple changes like these, you can get the sleep you need.