

# When You're Not Sleeping Well

It's no fun to lie awake at night.

It's even less fun to be tired, cranky, and fuzzy-headed in the morning.

Not sleeping well can change everything—your mood and the way you work, make decisions, and deal with people.

We need good sleep to work well and feel well.

But for lots of people, getting good sleep is easier said than done.

Sometimes just changing some habits can help.

Have a regular bedtime.

Avoid using your smartphone, computer, or tablet device in the hours before bed.

Instead, try doing something relaxing before bed, like listening to soothing music, taking a warm bath, or reading a book that won't get you thinking too hard.

A lot of things can rob you of sleep.

Good, deep sleep restores you.

If whatever you try to help you sleep isn't working, or if you want to find out what may be causing your sleep problems, you can always talk to your doctor.