Teladoc HEALTH

17 daily habits for a great night's sleep

1. Wake up at the same time every day

2. Skip the snooze button

3. Start the day with bright light and exercise

4. Eat a balanced breakfast

5. Eat lunch at the same time every day

6. Keep naps to 20-30 minutes (esp. after noon)

7. Limit caffeine and alcohol

8. Have a snack of nuts, chamomile, or tart cherries

9. Limit exposure to screens (esp. right before bed)

10. Take a warm bath or shower

11. Turn off electronics, remove from bedroom

12. Set room temp to 60-67 degrees

13. Set aside 8 hours to sleep every night

14. Go to bed at the same time every night

15. Go to bed with the goal of getting quality rest (not necessarily sleep)

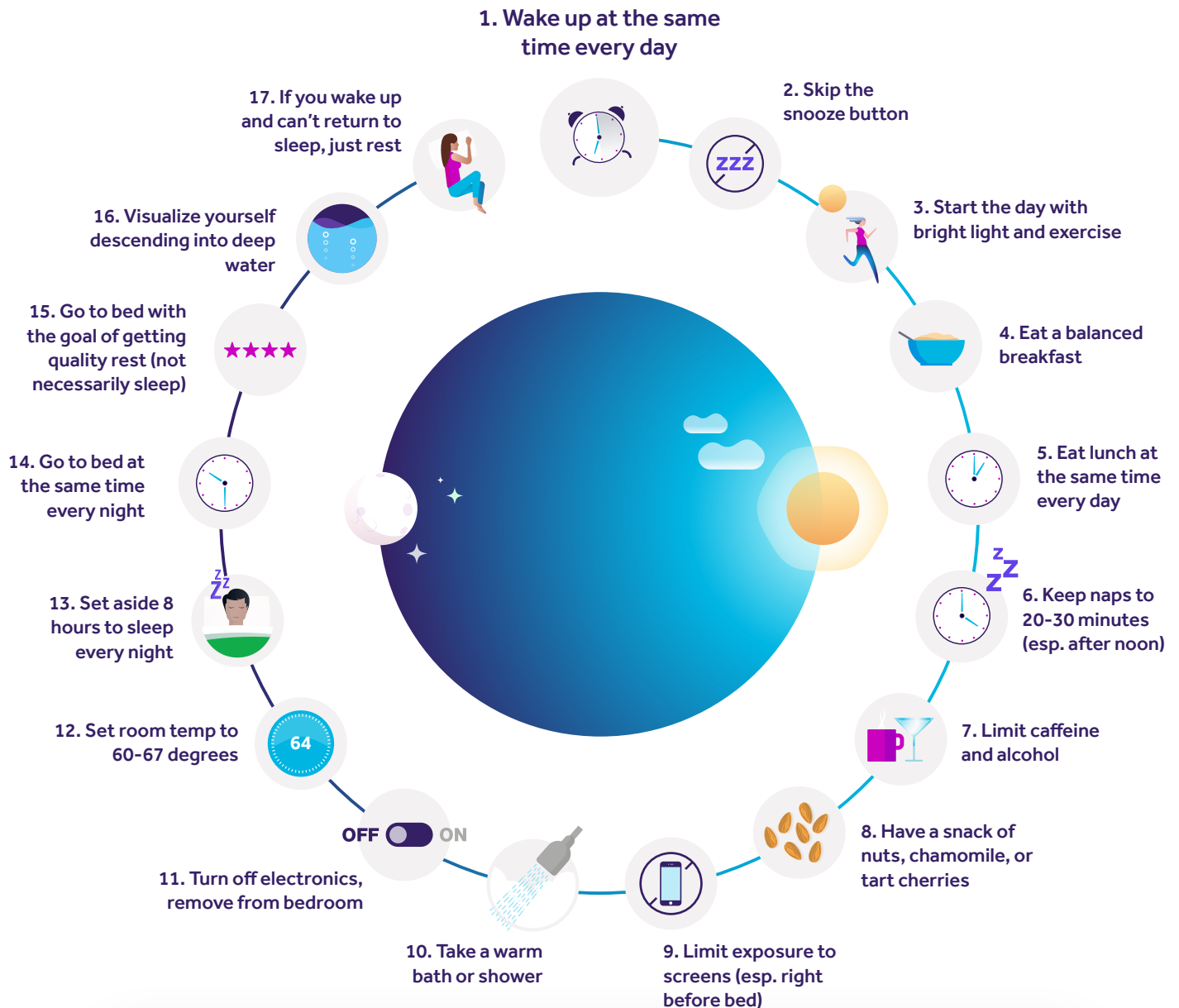16. Visualize yourself descending into deep water

17. If you wake up and can't return to sleep, just rest

Sleep is even more important when managing a chronic condition. In fact, lack of sleep can even make you more susceptible to some chronic diseases. For better sleep, consider making these habits a part of your everyday routine. To learn more about the importance of sleep and how to improve it, click **here**. **Sweet dreams!**