

# JAW

## SLEEPING TIPS

### **GET COMFY**

Make sure your sleeping environment is as comfortable as possible, dark, quiet and a good temperature.

### **ESTABLISH A ROUTINE**

Come up with a wind-down routine each night before you go to bed and do the same thing every night to condition your mind and body for sleep.

### **INCREASE YOUR EXERCISE**

Exercising will obviously make you tired but avoid doing it before bedtime.

### **DECREASE STIMULANTS**

Alcohol, nicotine and caffeine will interfere with the quality of your sleep.

### **20 MINUTE RULE**

Good sleepers usually fall asleep within 20 minutes of going to bed. If you are still awake after 20 minutes, get up, do something relaxing, then try again.

### **SLEEPY RULE**

Only go to bed when you feel sleepy rather than tired. Sleepy symptoms include yawning and rubbing your eyes.

### **NIGHTTIME RULE**

Only sleep at night. Napping in the daytime can make sleeping at night harder.

### **GET UP AT THE SAME TIME EVERY DAY**

Even at weekends. This will help your body get into your sleep routine.