

Tips for Good Sleep

- Prepare a comfortable sleep environment.
- Have bedtime rituals that condition you to fall asleep.
- Maintain a regular schedule: go to bed and get up at the same time each day.
- Use your bed for sleeping and sex only.



Tips for Good Sleep

- Prepare a comfortable sleep environment.
- Have bedtime rituals that condition you to fall asleep.
- Maintain a regular schedule: go to bed and get up at the same time each day.
- Use your bed for sleeping and sex only.



Tips for Good Sleep

- Prepare a comfortable sleep environment.
- Have bedtime rituals that condition you to fall asleep.
- Maintain a regular schedule: go to bed and get up at the same time each day.
- Use your bed for sleeping and sex only.



Tips for Good Sleep

- Prepare a comfortable sleep environment.
- Have bedtime rituals that condition you to fall asleep.
- Maintain a regular schedule: go to bed and get up at the same time each day.
- Use your bed for sleeping and sex only.



Tips for Good Sleep

- Prepare a comfortable sleep environment.
- Have bedtime rituals that condition you to fall asleep.
- Maintain a regular schedule: go to bed and get up at the same time each day.
- Use your bed for sleeping and sex only.



Tips for Good Sleep

- Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
- Stay away from alcohol and street drugs.
- Exercise regularly, but not right before bed.
- Don't take naps during the day.



www.hepatitis.va.gov
June 2005

Tips for Good Sleep

- Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
- Stay away from alcohol and street drugs.
- Exercise regularly, but not right before bed.
- Don't take naps during the day.



www.hepatitis.va.gov
June 2005

Tips for Good Sleep

- Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
- Stay away from alcohol and street drugs.
- Exercise regularly, but not right before bed.
- Don't take naps during the day.



www.hepatitis.va.gov
June 2005

Tips for Good Sleep

- Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
- Stay away from alcohol and street drugs.
- Exercise regularly, but not right before bed.
- Don't take naps during the day.



www.hepatitis.va.gov
June 2005

Tips for Good Sleep

- Avoid stimulants like caffeine and nicotine, especially closer than 8 hours to bedtime.
- Stay away from alcohol and street drugs.
- Exercise regularly, but not right before bed.
- Don't take naps during the day.



www.hepatitis.va.gov
June 2005