

# Tips For Better Sleep For Parents

*Optimize your sleep environment* sleep in a dark and cool room

*Take a morning walk* the exposure to natural sunlight in the morning can reset your circadian rhythm after a sleepless night. It also helps an infant develop a regular sleep-wake cycle. Plus, the exercise may make it easier to fall asleep when you have a chance to nap.

*Get daily physical exercise* but not within two hours before bedtime so your body gets time to relax .

*Move the clock away from your bed,* so you cannot see it.

*Minimize alcohol or caffeine before bedtime* although people think of alcohol as a sedative, it actually disrupts sleep, causing nighttime awakenings. Even if you do not think caffeine affects you, it may be disrupting and changing the quality of your sleep.

*Create a bedtime ritual* a relaxing routine before bedtime helps you fall asleep and remain asleep. Some studies suggest that soaking in a hot bath before retiring can ease the transition into deeper sleep and help muscles to relax. Also, a cup of hot, decaffeinated tea works well.

*Go to bed only when sleepy*

*Reserve bed for sleep and sex only* paying bills, answering emails, etc. should not be done in bed

*Set a regular sleep schedule* a regular waking time in the morning strengthens the circadian function and can help with sleep onset at night. That is also why it is important to keep a regular bedtime and wake time, even on the weekends when there is the temptation to sleep in.