



Healthy Minds. Healthy Lives. Healthy Communities.

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8 Simple Rules to Help You Sleep

1. Make sure you are pleasantly tired before you try to go to sleep
2. Gentle exercise in the early evening to help you relax – don't over do it
3. Establish a bedtime routine – habits that will help you fall asleep
4. A warm drink, a warm bath and a good book can do wonders
5. Watch your diet – limit caffeine intake in the evening – limit smoking close to bedtime
6. Make your bed as comfortable as possible – not too cold, not too warm
7. Fresh air and a little background noise can help create a conducive sleep environment
8. Use good stress management skills in the day to help you wind-down at night

