

# My 10 Best Sleep Tips

Dr. Michael Grandner  
*michaelgrandner.com*

1. Keep a **regular schedule**, or at least try to keep as much consistency in your schedule as possible.
2. Get plenty of **light during the day** (especially the morning), and avoid bright light at night when you are getting ready to sleep.
3. Give yourself plenty of **time to wind down** at the end of the day, which also means putting down distracting screens.
4. Keep **food and drinks** at night to a minimum, especially heavy, spicy foods that can cause reflux.
5. Stay away from **caffeine, nicotine, and alcohol** within a few hours of bedtime to avoid sleep disruption.
6. Get **plenty of physical activity** or exercise during the day, but not right before you plan on going to sleep.
7. Keep the place where you sleep **cool, dark, and comfortable**.
8. If you have trouble sleeping, **avoid napping**, especially if they are too long or too late in the day.
9. Stop **checking the clock** when you wake up. If you need to get up at a specific time, set a alarm.
10. If you can't sleep, **get out of bed** and do something else for a while, then try again. Don't spend excessive time in bed awake!

Looking to learn more about how to optimize sleep for yourself or your organization? Visit <http://michaelgrandner.com> for more.