

Sleeping Well

“Sleep is the best meditation.” — Dalai Lama

A good night's sleep restores our energy and promotes health. We cannot force sleep. We must ease ourselves into it. Here are some suggestions to promote restful sleeping:

Respect the rhythm of day and night

- ▶ Maintain a regular schedule for waking and sleeping, even on the weekend. If you have trouble sleeping at night, avoid naps during the day.
- ▶ Dim the lights in your house as you approach bedtime. Limit your exposure to blue light from computer and TV screens before bed.
- ▶ Slow down at the end of the day and put work away. Take a warm bath, journal or listen to soothing sounds and music. Practice yoga, take relaxing breaths meditate, or pray.

Prepare your body

- ▶ Maintain regular mealtimes. Avoid eating a heavy meal, drinking alcohol, or consuming caffeine before bed.
- ▶ Consider replacing chemical sleep aides with natural ones, such as valerian and lavender.
- ▶ Keep your feet and hands warm using socks, mittens or gloves if needed.

Invite sleep

- ▶ Go to bed only when you feel sleepy.
- ▶ Create a haven for sleep. Move electronic devices away from your bed and keep the bedroom comfortably cool, dark and quiet.
- ▶ If you wake up in the middle of the night, relax. Get up and engage in a quiet activity until you feel sleepy again.



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