



# TROUBLE SLEEPING?

Changing your sleep habits may help you sleep better.

If you are having trouble getting to sleep or staying asleep, and you feel tired or have trouble functioning during the daytime, there are changes you can make to improve your rest that can be more effective than medication.

## Try these simple lifestyle changes that may help you to sleep better:

- Exercise regularly
- Avoid caffeine after 3PM
- Limit alcohol use
- Delay your bedtime
- Meditation

## Remember that...

There are many possible side effects for both prescription and over the counter sleep remedies. They may be habit-forming, cause cloudy thinking/daytime drowsiness, and increase your risk of falling.

## Talk to a health care provider...

About habits that may help you sleep better as an alternative to medication.



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