

Things That Interfere With Sleep

- Stress and anxiety
- Painful physical conditions, bad mattress
- Caffeine, certain medications, alcohol, nicotine
- Food insomnia (too much sugar or protein before bed)
- Hot flashes, prostate enlargement
- Exercising within 3 hours of bedtime
- Spouse snoring and newborn

Helpful Hints to Improve Sleep

- Daily exercise improves sleep
- Eat modest dinner 4 hours before bed
- Don't watch action movie before bed
- Relax - take a warm bath with Epson salt
- Take Calcium and Magnesium before bed
- Have a good mattress and cervical pillow
- Don't nap after 3:00 pm
- Avoid alcohol, caffeine, nicotine, stimulants