

Tips for Better Sleeping

Have a regular sleep / wake schedule

- Go to bed and wake up at the same time every day (even dialysis days)!

Establish a relaxing bedtime routine

- It will signal your body that it is time to get ready to sleep.

Increase time in daylight, keep sleep areas dark

- Get outside during the day and turn off the TV and phone at bedtime.

Reduce alcohol and caffeine use

- Try to limit caffeine after 3PM.

Control things that interrupt sleep

- Have a plan for your pets!

Get regular exercise

- The more tired you are, the easier it will be to fall asleep.

Save your worrying for a more helpful time

- Force your worries from your mind!