# IMPROVE YOUR SLEEP

**1** Wake up at the same time every single day, no matter what.

**2** Use your bed only for sleeping. Don't spend excessive time in bed.

**3** Get out of bed when you can't sleep, or when you can't turn your brain off.

**4** Avoid naps, as they will make it harder to sleep the following night.

Created by Emily R. Dworkin, PhD