“Sleep is the best meditation.” — Dalai Lama

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.