Six Tricks for Better Sleep: Pick Six Infographic

With hectic schedules, the electric glowing light of our phones and tablets, the stress and anxiety of life, and a host of other factors contribute to many of us being sleep-deprived. Searching for that next cup of coffee, energy drink, or other ways to stay awake. We likely don't spend as much time thinking about prepping for a blissful night's sleep as we do searching for the next caffeine fix. Here are some tips to help you sleep better.

1. **Get on a Schedule** – Go to bed and get up at the same time every day – even on weekends. If you're not seeing the back of your eyelids after 20 minutes get up and do something relaxing.

2. **Think Before You Eat & Drink** – stay away from nicotine, caffeine, and alcohol several hours before bedtime.

3. **Create a Cocoon** – a dark, cool room is best for sleeping. Put your phone or tablet down at least a few hours before bedtime. Take a few minutes to relax and unwind.

4. **Nap Time** – not much beats a good nap, but long naps during the day can wreak havoc on your sleep at night and your sleep schedule. On the nightshift? You may need a late day nap to make up your sleep debt.

5. **Don't Worry** – easier said than done sometimes, but the effort is worth it. Take time to bed to write down or resolve any nagging worries before you hit the sack.

6. **Move it** – regular exercise can be a great way to sleep better. Just be sure not to do it too close to bedtime.