Courage to Care

Make Sleep a Priority!

**Daytime Do’s**

- Get Bright Light: upon waking as a signal to start the day (15-60 min)
- Exercise: closer to wake-time to signal daytime & improve sleep quality
- Take Naps If Needed: <20 min can improve alertness, performance and memory

**Nighttime Do’s**

- Limit Alerting Activities: like using screens & doing work
- Create a Routine: of quiet activities to get your mind & body ready to sleep
- Optimize Your Sleep: by keeping it dark, cool, quiet & comfortable

**Limit**

- Alcohol Before Bed: can be sedating at first, but will disrupt your sleep
- Changing Sleep/Wake Cycle on Weekends: minimizes physiological “jet-lag”
- Drinking Too Much Caffeine: can keep you from falling asleep, and won’t be as useful when you need it

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