

Mayo Clinic Minute

Tips for Better Sleep

Video	Audio
	They say timing is everything, and it's definitely true with sleep.
	That scheduling is really important.
	Mayo Clinic sleep specialist Dr. Eric Olson suggests making bedtime a fairly firm time.
Title: ERIC OLSON, M.D. SLEEP MEDICINE Mayo Clinic	Perhaps a schedule that doesn't fluctuate greatly, but always is allowing at least 7 hours of sleep opportunity, recognizing there may be a little bit of play between weekdays and weekends.
	Stick to a schedule, and address your stress by getting out in front of it.
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	If you usually go to bed at around 10 o'clock, try scheduling in 30 minutes of worry time a little earlier – maybe at 6:30.
	So there's less on your mind later, when your head hits the pillow.
	Also,
	<i>Sound of a drink pouring</i>
	pass on that nightcap.
	It may help you get to sleep, but as the night evolves it may not promote good sleep.
	And once you're in bed, don't let technology be your nightlight.
	Light is used by our brain as an alerting signal. So, it doesn't make sense to get that stimulus and then try to fall asleep.
	Take away the technology, add a comfortable mattress and room temperature, and you should be able to go from awake
	<i>Sound of light switch being turned</i>
	to "ZZZs."
Graphic:	For the Mayo Clinic News Network, I'm Jeff

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Olsen.