# May is "Better Sleep Month"

This month start every day with a good night's sleep. A good night's sleep, just like proper diet and exercise, is essential to your mental, emotional and physical health. Yet many people just do not get the recommended amount of sleep needed each night to perform their best during the day. Instead, they sacrifice sleep and wake up to the consequences including difficultly concentrating, irritability, weakened immune system and even higher stress. The good news is that it does not have to be this way.

Here are some solutions to help you get a good night sleep:

- Make sleep a priority by keeping a consistent bedtime and wake schedule, including weekends.
- Create a bedtime routine that is relaxing. Experts recommend reading a book, listening to soothing music or soaking in a hot bath.
- Create a room that is dark, quiet, comfortable and cool for the best possible sleep.
- Evaluate your mattress and pillow to ensure proper comfort and support. If your mattress is five to seven years old, it may be time for a new one. In general, pillows should be replaced every year.
- Keep work materials, computers and televisions out of the bedroom.
- Exercise regularly, but complete workouts at least two hours before bedtime.
- If you sleep with a partner, your mattress should allow each of you enough space to move easily. A queen mattress is ideal for two people sharing a mattress.
- Avoid eating, alcohol, nicotine and caffeine close to bedtime. These can lead to poor sleep, keep you awake or disrupt sleep later in the night.

For more information and source visit: http://www.bettersleep.org/
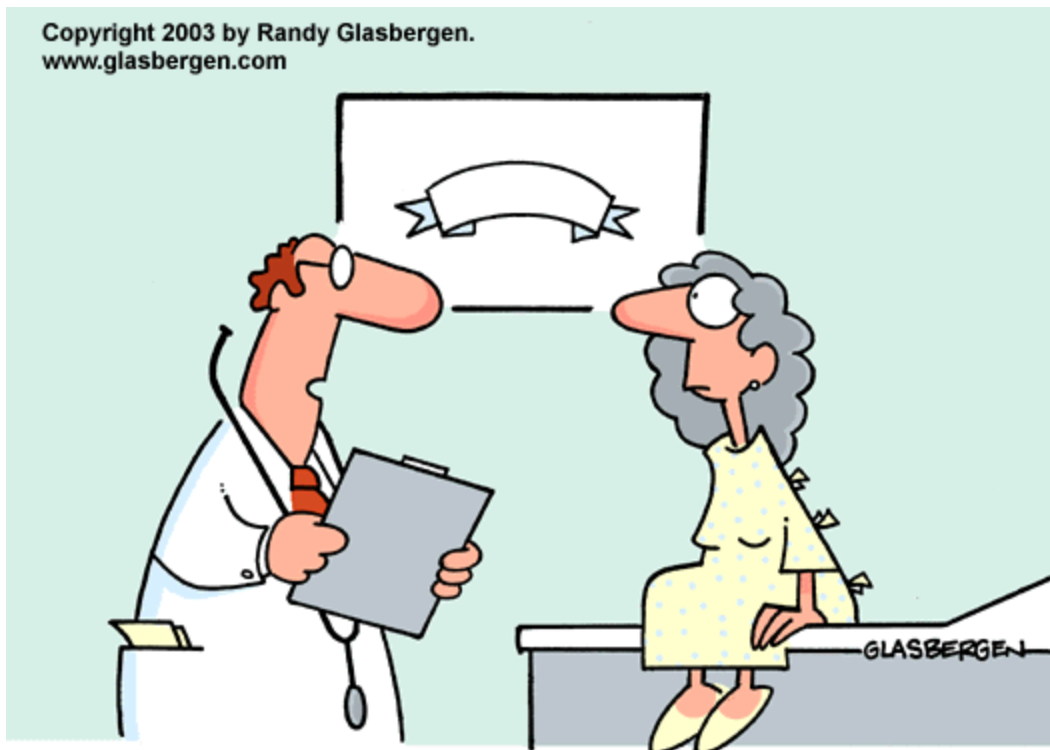
Cartoon used with special permission from glasbergen.com