

# Daily tips for better sleep



Getting quality sleep is important for almost every aspect of our physical and mental health. Try these daily tips to help you get better sleep at night.



**1.** Wake up at the same time every day



**2.** Skip the snooze button



**3.** Start the day with bright light and exercise



**4.** Eat a balanced breakfast



**5.** Eat lunch at the same time every day



**6.** Keep naps to 20-30 minutes (especially after noon)



**7.** Limit caffeine and alcohol

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**8.** Have a snack of nuts or tart cherries, or a cup of chamomile tea

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**9.** Limit exposure to screens (especially right before bed)

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**10.** Take a warm bath or shower

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**11.** Turn off electronics and remove them from the bedroom

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**12.** Set the thermostat to 60-67 degrees before sleeping

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**13.** Set aside 8 hours to sleep every night

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**14.** Go to bed at the same time every night

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**15.** Go to bed with the goal of getting quality rest (not necessarily sleep)

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**16.** Visualize yourself descending into deep water

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**17.** If you wake up and can't return to sleep, just rest

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**Which of these tips work for you?** Find Livongo on social media and let us know.

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