1 **Pillows**  
- Keep your spine and neck in a neutral position whether you sleep on your back, side or stomach

2 **Bedside Table**  
- A white noise machine can mask disruptive noises  
- Keeping a journal to write down thoughts and to do’s can relieve stress

3 **Exercise**  
- Exercising regularly will energize you during the day and help you sleep better at night  
- Avoid a vigorous workout 3 hours before bedtime

4 **Sheets & Blankets**  
- Find comfortable materials that keep you at an enjoyable body temperature

5 **Stretch**  
- Light yoga stretches help relax the body and clear your mind before bed or if you’re having trouble falling asleep

6 **Mattress**  
- Soft or firm is up to your personal preference  
- Mattress pads can help make beds more comfortable

7 **Blackout Shades & Eye Mask**  
- Darkness cues the body that it’s time to sleep

8 **Cell Phone & Computer**  
- Away from your bed and turned off or on silent  
- End usage 30 minutes before bed as the blue light emitted can keep you awake  
- Use a blue-light filter starting 3 hours before bedtime

9 **Breakfast**  
- Waking up at a regular time and eating breakfast can help you stay on routine as well as nourished for your day

10 **School Work**  
- Done at a desk, not your bed  
- Bed is for sleep only

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