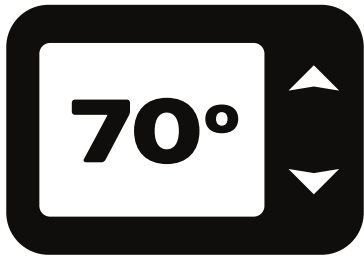


HEALTHY SLEEP HABITS

Getting enough sleep is an essential part of a healthy lifestyle. Your routines throughout the day can have a direct impact on your quality of sleep. If you have difficulty sleeping or want to get a better nights sleep, try these easy to follow tips.



KEEP THE ROOM COOL

It's too difficult to get a good night's sleep when your bedroom is too warm. Try setting the thermostat to 70 degrees for an ideal temperature.

MAINTAIN A REGULAR SLEEP PATTERN

Go to sleep and wake up at consistent times. This can help with your long-term sleep quality.



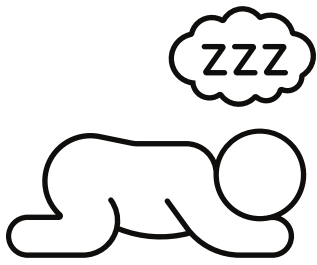
SHUT DOWN YOUR ELECTRONICS

The blue light emitted from electronic devices can make it more difficult to fall asleep. Try shutting down around one hour before bedtime.



AVOID CAFFEINE LATE IN THE DAY

When caffeine is consumed late in the day, it stimulates your nervous system and could stop your body from naturally relaxing at night.



REDUCE LONG DAYTIME NAPS

Quick, power naps can help re-energize the body, but sleeping for longer periods of time during the day can confuse your internal clock.

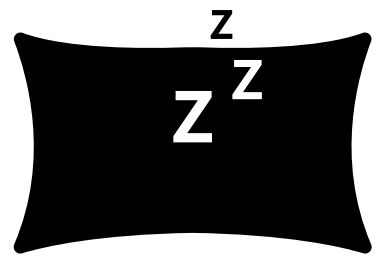


CLEAR THE MIND

Create a relaxation routine before bed that could include taking a hot bath, reading a book, meditating or deep breathing exercises.

BE COMFY

It's a good idea to invest a comfortable bed, mattress and pillow as they can greatly impact your sleep quality.



AVOID ALCOHOL

Having a drink or two at night can affect your sleep; alcohol can disrupt your sleep pattern as it changes the body's ability to product melatonin.



Insufficient sleep can increase your risk of developing certain diseases.

Our Sleep Medicine physician can determine if you are suffering from a sleep-related disorder and get you on the path to a better night's sleep.

Call (914) 723-8100 to schedule an appointment.