Five Doctor-Approved, Back-to-School Sleep Tips

1. **Reduce or eliminate caffeine from your diet.** Caffeine, including soft drinks and iced tea, should not be consumed after lunch. The effects of caffeine can last for several hours and interfere with your sleep quantity and quality.

2. **Turn off the TV, computer and other screens.** The artificial light from devices disrupts melatonin, our natural sleep hormone, while the content of the media engages the brain. This makes it doubly hard for you to fall asleep.

3. **Don’t go to bed hungry.** A small, healthy snack is OK at bedtime. Avoid chocolate and sugar.

4. **Follow a consistent and calming bedtime routine.** Reading a book before bed or listening to soothing music can help you settle down for the night. Also, be consistent and follow the same bedtime routine every night.

5. **Create a comfortable sleep environment.** Room-darkening blinds, as well as a fan to drown out noise, can help promote sleep. Keeping the room temperature cool but comfortable will also help.