

Sleep Problems

Sleep problems include any change in your usual sleeping habits. It could mean you need to sleep more than usual or you might have trouble sleeping, such as having trouble falling or staying asleep.

TRY THIS

Keep a schedule. Wake up, go to bed, and rest at the same times each day.

Take a nap. Short naps can give you an energy boost.

CHECK THIS OUT

Visit the Springboard page on Sleep Problems.

<https://smokefree.gov/springboard/symptoms/sleep-problems>

Learn more about sleep problems. <http://goo.gl/27UKHH>

Get other tips to help you manage sleep problems.

<http://go.usa.gov/xxJH5>