**Tips for a Good Night’s Sleep**

**Tip 1. Go to sleep and wake at the same time each day.**

Keeping a regular sleep schedule, even on weekends, may help develop a sleep-wake rhythm that encourages better sleep. Establish an optimal sleep pattern. Go to bed at around the same time each night. However, if you do not fall asleep within 30 minutes, get up and do something else until you feel sleepy.

**Tip 2. Avoid caffeine, nicotine and alcohol late in the day**

Caffeine - contained in tea, soft drinks, and chocolate, as well as in coffee - is a stimulant and can cause problems for people trying to fall asleep. Nicotine is also a stimulant and can keep you awake. Alcohol is a sedative and it actually disrupts sleep.

**Tip 3. Watch your diet.**

A heavy meal or spicy foods before bedtime can lead to nighttime discomfort. However, a light snack can prevent hunger feeling and help you sleep better. Drinking fluids is not advisable as it may require trips to the bathroom. Vitamin B and calcium and magnesium deficiencies may also inhibit sleep.

**Tip 4. Exercise regularly.**

Regular exercise has been shown to improve sleep. Exercise no later than three hours before bedtime, so you won't be overly "up". It may help you to fall asleep easier and get a more restful sleep.

**Tip 5. Create a relaxing bedtime routine.**

Doing the same thing every night can help signal to your body that it's time to sleep. Consider reading a book, taking a bath or practicing relaxation techniques.

**Tip 6. Create a comfortable, relaxing environment.**

Make sure your sleeping room is comfortable and your bed is large and firm enough. Use a humidifier or dehumidifier, a fan, air conditioning or any other soothing sounds.

**Tip 7. Minimize distractions.**

Use your bedroom for sleeping. Avoid doing work or using your computer in your sleep environment. Also, avoid having disrupting clocks, television or bright lights in your bedroom.

**Tip 8. Get out of bed if you're not sleeping.**

If you don't fall asleep within 15-30 minutes, get up. Get back into bed when you feel sleepy.

**Tip 9. Limit napping.**

Napping during the day may take away time from your regular sleep schedule. If you must take a nap, limit it to less than an hour.

**Tip 10.**  **Use of External Sounds**

Avoid silence. Bedside sound generators of various kinds can deliver relaxing, non-meaningful sounds via a standard speaker, an earphone or ear-bud, or a special speaker under the pillow.

**Tip 11. Relaxation**.

Stress, anxiety caused by worrying about the tinnitus and/or to other events can disturb sleep. Learning how to relax can reduce or eliminate anxiety and body tension. In turn this will stop you from “going over and over” stress/anxiety related events. Your muscles will relax and you will drift into sleep.

**Tip 12. Body Temperature.**

Adjust your body temperature; warm body leads to light sleep, when going to sleep the body temperature should be dropping, in AM when waking up the body temperature should be rising. Exercising helps to promote a dip in body temperature