



Austin Sleep Disorders Center
Comprehensive Quality Care in Austin

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Tips for a Good Night's Sleep

- Establish regular/fixed wake-up and bed times.
- Maintain a comfortable sleeping environment and use it for sleep only.
- Avoid use of products containing alcohol, nicotine, or caffeine excessively or close to bedtime (within 6 hours before sleep).
- Avoid engagement in mentally stimulating, physically activating, or emotionally upsetting activities too close to bedtime (within 4 hours before sleep).
- Avoid frequent daytime (particularly late-afternoon) napping.