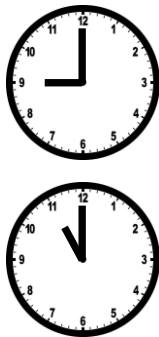# How to Sleep Better

Having healthy sleep habits will help give you more energy , feel more relaxed and happier. Here are some tips to help you sleep better.

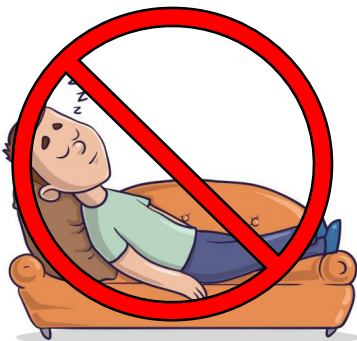|	
1. Wake up and go to sleep at the same time every day.	2. Keep electronics out of the bedroom.
3. Regular exercise is great for good sleep. Aim for at least 30 minutes of exercise 5 days a week.	4. Eat a balanced diet (see the **Canada's Food Guide**).
5. Don't take naps, especially after 4 pm.	6. Don't drink caffeine or alcohol, especially 4 to 6 hours before bed.

For more questions about healthy eating or sleeping, contact us at the Clinic (416-340-5145 or 22q@uhn.ca) to speak to one of the members of our team.