Sometimes, sleep just evades us. If you find yourself awake when you’d rather be asleep, try one or more of the tips from the Better Sleep Council to help you get a good night’s sleep.

- **Keep regular hours**
  Try to go to bed at the same time each night and wake up at the same time each morning, even on weekends.

- **Develop a sleep ritual**
  Whether it is to take a hot bath, have a cup of herbal tea, or read a book, doing the same things each night just before bed cues your body to settle down for the night.

- **Exercise regularly**
  This can help to relieve tension. But be careful not to exercise too close to bedtime or you may have a hard time falling asleep.

- **Cut down on stimulants**
  Consuming stimulants, such as caffeine, in the evening interferes with falling asleep and prevents deep sleep. Instead, have a cup of herbal tea, which is noncaffeinated, before bed.

- **Don’t smoke tobacco**
  Smokers tend to take longer to fall asleep, awaken more often, and experience disrupted, fragmented sleep.

- **Drink alcohol in moderation**
  You may fall asleep faster but drinking alcohol shortly before bedtime interrupts and fragments sleep, leading to poor quality sleep.

- **Unwind early in the evening**
  Deal with worries and distractions several hours before going to bed. Make a list of things you need to do tomorrow, so you won’t think about them all night. Try relaxation exercises, like slow rhythmic breathing, once in bed.

- **Sleep on a comfortable, supportive mattress and foundation**
  It’s difficult to get deep, restful sleep on a bed that’s too small, too soft, or too hard.

- **Create a restful sleep environment**
  A dark, quiet room is more conducive to sleep. Sudden, loud noises or bright lights can disrupt sleep. A room that is too hot or too cold can disturb sleep as well. The ideal bedroom temperature is between 60- and 65-degrees Fahrenheit.

- **Make sleep a priority**
  Say “yes” to sleep even when you’re tempted to stay up late. You’ll feel healthier, refreshed, and ready to take on the day.

- **Restrict the number of activities you do in bed**
  Your bed should not become a place for watching TV, eating food, or doing work. It should be a place to sleep and perhaps, if you’re not alone, one other activity.