Tips for Healthy Sleep
Better rest may help reduce the risk of having a seizure.

Set Yourself Up for Success
- Stick to a regular exercise routine.¹
- Take a warm shower or bath before bed.²
- Calm down before bedtime. Reading is good.³
  So is meditation.⁴
- Maintain a consistent bedtime and wake-up time.⁵

Know What to Avoid
- Stay away from caffeine, especially late in the day.⁶
- Avoid big meals before bedtime. Instead, try a small glass of milk and honey, which can promote sleep.⁶
- Put down the electronics before bed. Light from laptops, TVs and phones is stimulating, not sleep-inducing.⁷

THE AMOUNT OF SLEEP each person needs can vary, but the NIH recommends that adults get 7 to 8 hours of sleep each night.⁸

Before beginning exercise or changing your sleep patterns, talk with your doctor.

Sources:
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