

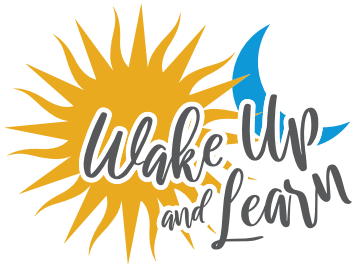
Better sleep, easier from **Geisinger**

# Keep healthy sleep all summer long.

**Wake Up and Learn is challenging you to keep healthy sleep all summer long!**

Check out the summer sleep suggestions listed below. Not every one will work for you, but finding just a few that you like and incorporating them into your daily routine can make a big difference. Visit [wakeupandlearn.org](http://wakeupandlearn.org) for more sleep tips!

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- Go to bed within one hour of your target bedtime every night
  - Wake up within the same hour every day
  - Start a calming bedtime routine
  - Read a book or journal right before bed
  - Take a hot bath before bed
  - Stretch before getting into bed
  - Put your phone on Do Not Disturb at bedtime
  - Avoid napping during the day
  - Stay active and get outside during the day
  - Eat regular meals and avoid going to bed hungry
  - Drink water instead of sugary or caffeinated drinks
  - Keep your room cool by shutting blinds during the day, running a fan or air conditioning
  - Keep your room dark by adding extra curtains and minimizing light from electronics
  - Wear an eye mask to prevent light disturbances
  - Put your pillowcases in the freezer for a few minutes before bed to help stay cool



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# My summer routine

Found some sleep strategies that work for you? Great!

Use the tables on this page to create a daily routine for yourself as a reminder of what works best for you. Try adding reminders into your cell phone to help stay on track. You may not follow your routine exactly every single day, and that's OK!

	Daytime activities		Evening activities
5:00 a.m.		3:00 p.m.	
6:00 a.m.		4:00 p.m.	
7:00 a.m.		5:00 p.m.	
8:00 a.m.		6:00 p.m.	
9:00 a.m.		7:00 p.m.	
10:00 a.m.		8:00 p.m.	
11:00 a.m.		9:00 p.m.	
12:00 p.m.		10:00 p.m.	
1:00 p.m.		11:00 p.m.	
2:00 p.m.		12:00 a.m.	