Sleep is something we all need, but a significant number of us aren’t getting enough of it. Take these steps to promote, regular, healthy sleep:

✔ Create and follow a sleep schedule. Go to bed and wake up at the same time every day
✔ Ensure your bedroom or sleeping area is quiet and dark and keep the temperature moderate—neither hot nor cold
✔ Make sure your bed is comfortable and remember that bedtime is for sleeping and not reading or watching TV
✔ Avoid the use of gadgets that emit light, especially smartphones and tablets. Using these devices before going to bed can inhibit restful sleep
✔ Don’t eat a heavy meal right before bedtime

Shift Workers
The National Sleep Foundation recommends the following for shift workers:

✔ Avoid long commutes and extending working hours
✔ Take several short breaks throughout the shift and remain active during breaks
✔ Drink—but don’t overdo—caffeinated beverages as needed throughout shift
✔ Use a “buddy system” of other coworkers to keep each other alert
✔ Wear dark glasses to block the sun on your commute home
✔ Keep a consistent bedtime and wake schedule
✔ Eliminate light and noise from your sleep environment
✔ If fatigued, do not drive or operate machinery