EpilepsyAdvocate

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.[5]

- 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.**

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