Tips for Better Sleep

**Facts:**
- We spend 2 hours per night dreaming.
- Key driver of the body's internal clock is the suprachiasmatic nucleus (SCN), made up of 20,000 neurons.
- Adults between 18-64 need 7-9 hours of sleep per day.

**Good Sleep Habits:**
- Stay away from alcohol or caffeine before bed.
- Turn off all screens 1-2 hours before sleeping.
- Keep your room clean to increase relaxation.
- Try to block out noise.
- Take a warm bath or shower, and dry your hair to avoid headache.

**Relaxation Techniques:**
- Try essential oils - lavender and camomile as well as others.
- Count while taking slow deep breaths, visualize relaxing scenarios.
- Progressive Muscle Relaxation: contract and relax each muscle group.
- Read a paper book or write in a journal.