

Many people have trouble sleeping. It can make you feel tired during the day, and it can be hard to do things you need to do.

Here are some things that can indicate sleep problems:

- Hard to fall asleep.
- Waking up many times during the night.
- Feeling tired during the day and might take unplanned naps.
- Legs feel restless.
- Hard to pay attention and concentrate.

Here are some things you can do to help with sleep:

- Keep track of how much you sleep and how well you sleep.
- Avoid caffeine, alcohol, and tobacco.
- Sleep in a cool room with good air flow.
- Use a good, firm mattress that is comfortable.
- Exercise during the day.
- Get into a routine—go to bed and wake up at the same time every day.
- Make sure your bedroom is a quiet, dark place to sleep.
- Do not watch TV, use a smart device, or read before going to bed.
- Try to relax before going to sleep.
- Some people find white noise (example—fan) helpful to help sleep.
- Talk to a doctor or nurse about your sleep problems. You might need to be seen in a sleep clinic to get more help.