



## Get Ready to Sleep

Breast cancer and treatments put your body through a lot of stress, and may leave you tired even in the middle of the day. Not getting the sleep you need may make you feel even more tired and sick. Taking steps to get ready for bed every night may help you get a full night's rest.

### Here are some tips on making a bedtime routine:

- ✓ **Go to bed at the same time every night** and set an alarm.
- ✓ **Avoid food, coffee and soda** in the hours before bed. They will give you energy when you want to be resting.
- ✓ **Turn off the screens!** Put your phone away for the night and turn the TV off before you go to bed.
- ✓ **Make it routine.** Your body takes signals to get ready for sleep. Set a plan and stick to it every night, or as much as you can. Pick a time to start getting ready 30 minutes or more before going to bed, then complete your list in order.
  - » Switch off the TV and extra lights and put away your phone.
  - » Wash up and brush your teeth
  - » Change into pajamas
  - » Read for 20 minutes before turning in.

Or set your own routine. Choose low-energy, low-light activities that will ease you into sleep.

### Nighttime Routine:

Time to get ready for bed: \_\_\_\_\_ Time to go to bed: \_\_\_\_\_ Alarm set for: \_\_\_\_\_

Appliances to turn off (TV, overhead lights, computer, plug phone to charge, etc.)

\_\_\_\_\_

Preparing for bed (shower, brush teeth, change clothes, etc):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Use your bed for sleep only.** Keep the television and computer in another room. Climbing into bed should be another way of telling your body that it is time to go to sleep. If you are in bed and not able to sleep, get up and try a quiet activity like reading for a few minutes then return to your bed when you start to feel sleepy again.

