



Tips for Sleeping Well



- Set the tone for sleep by completing housework, bills, and other activities several hours before bedtime.
- Get out of bed if you don't fall asleep within 20 minutes.
- Mid-day naps may interfere with a good night's sleep.
- Avoid alcohol before bedtime.
- Keep your bedroom dark, quiet, and relaxing.
- Avoid caffeinated beverages in the afternoon and evening.
- Try to maintain the same sleep/wake schedule every day, including weekends.
- Complete any exercise 4 or more hours before bedtime.
- Have a light snack before bed, not a heavy meal.
- Don't fall asleep with the television on.

If you have questions or require professional assistance with your Continuous Positive Airway Pressure (CPAP) and Bi-level Positive Airway Pressure (BiPAP) therapy, Apria's Respiratory Therapists are always just a phone call away. To learn more about Apria Sleep Care and the latest available sleep management solutions, visit [Apria.com/Sleep](https://www.apria.com/sleep) or call **877.265.2426**.

Ask your doctor if Apria Sleep Care is right for you.

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