Hard time falling asleep? Try these tips:

- Go to bed and wake up at the same time every day.
- Practice a relaxing bedtime ritual (prayer, meditation, read a good book, etc.)
- Avoid alcohol, cigarettes, caffeine, and heavy meals before bed.
- Exercise daily but avoid exercising close to bedtime.
- Keep your bedroom cool, quiet, and dark.
- Avoid naps during the day.
- Only use your bedroom for sleeping.
- If you can’t sleep get up and do something else for a while until you feel sleepy.

Medications for Sleep:

- Talk with doctor or pharmacist before starting any over-the-counter medications.
- Only take if you are able to get a full night of sleep (7-8 hours).
- Talk to your doctor if you need these medications every night.

<table>
<thead>
<tr>
<th>Brand Names</th>
<th>Dosing</th>
<th>Important Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphenhydramine</td>
<td>Benadryl, Unisom Sleep Gels, 50 mg at bedtime</td>
<td>All medications may cause dry mouth, dizziness, drowsiness.</td>
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<tr>
<td>Doxylamine</td>
<td>Unisom Sleep Tabs, 25 mg at bedtime</td>
<td>May want to try ½ tablet at first</td>
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<tr>
<td>Melatonin</td>
<td>3-5 mg at bedtime</td>
<td>Best if needed most nights of the week</td>
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