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Rest easy tonight

If you've been having trouble sleeping, you're not alone. Insomnia, when it's hard to fall asleep, stay asleep, or feel rested, affects people of all ages. Poor sleep can make you feel tired, irritable, or sad. It can also make it harder to focus, work, or enjoy your day. Over time, not getting enough rest can affect your physical health, too.

The good news is that there are simple habits that can help you sleep better:

- Try to go to bed and wake up at the same time every day, even on weekends.
- Turn off screens like your phone, tablet, or TV at least one hour before bed.
- Keep your bedroom cool, quiet, and as dark as possible.
- Avoid caffeine at least 6 hours before bed and avoid big meals or heavy exercise right before bed.
- If your mind is racing, try writing down your thoughts or reading something calming.



To learn more about sleep and what you can do about insomnia, visit [this trusted resource](#)

Good sleep is not a luxury; it's part of staying healthy. If sleep problems continue for more than a few weeks, it may be time to talk to someone. You don't have to deal with it alone.