Why Can’t I Sleep?

Your bedtime habits, daytime routine, and even your health can impact your sleep. Here are some common causes of sleepless nights, and ways you can relax and sleep better.

Talk to Your Care Team
- Mental health troubles, pain, and other conditions can make it hard to sleep.
- If frequent bathroom trips keep you up, drink less fluid in the evenings.
- Talk to your healthcare provider if these or other symptoms are keeping you from getting enough sleep.

Wind-Down Your Body & Mind
- Stress, tense stories, video games, and light from your phone or computer keep your brain and body on high alert.
- Power-down devices and choose calming activities 30 minutes before bed.
- Avoid the temptation to scroll on your phone before bed.

Mind Your Bedtime Snacks
- A healthy bedtime snack is okay, but avoid heavy, high-fat, or spicy foods a few hours before bed.
- Avoid caffeine, nicotine, and alcohol in the evening. Sip on caffeine-free tea or water instead.

Sleep on a Schedule
- A consistent sleep schedule helps your body know when to be asleep or awake.
- Go to bed and wake up at about the same time each day, including weekends.
- Skip the afternoon naps, and get 7-9 hours of sleep at night.

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