

Try these tips for a good night sleep:

- Go to bed and get up at the same time every day.
- Turn off screens an hour before bed.
- Take a warm shower or bath.
- Try herbal tea and limit alcohol intake before bed.
- Avoid caffeine in the afternoon.
- Use your bed only for sleep and intimate time
- Keep the bedroom cool, turn the heat down before going to bed.



For trouble getting back to sleep:

- If you wake up and can't fall back asleep after 10 minutes, get up and read something dull or listen to relaxing music.
- Use a simple relaxation phrase such as, "My body is relaxed and warm, and I am at peace."
- If something specific is bothering you, make a note of what it is and address it in the morning.

Caregiver Self-care



Rest and energy conservation tips for taking care of yourself, so that you can take care of others.

Energy Conservation

Tip 1: Prioritize

- What things must get done?
- What can wait?
- Can someone else do it for you?
- Accept offers of help from friends and family.
- Consider delivery services for groceries and prescriptions.

You are a priority.

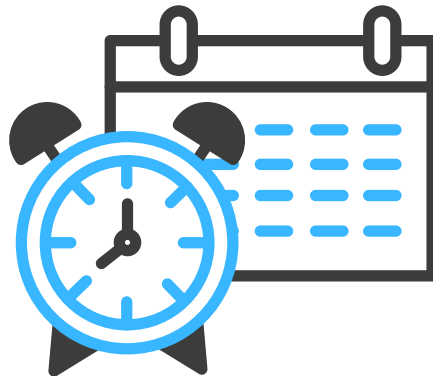
Things that help you rest and relax are priorities.

Tip 2: Plan

- Use daily, weekly, and monthly schedules.
- Plan in time for yourself daily and weekly.
- Provide enough time to complete tasks as part of your plan.
- Be realistic with your schedule.
- Plan in rest breaks.

Ask yourself:

"Can I get this done, or should I give myself more time?"



Tip 3: Pace

- Alternate demanding tasks with light tasks.
- Set time limits to tasks and take a break before finishing.
- Take short breaks if you get tired.



Tip 4: Position

- Sit during chores (like chopping veggies).
- Reflect on your posture, sit up tall with feet on the ground.
- Shift position and stretch frequently.