Tips for Getting a Good Night's Sleep

Do
Establish and maintain a regular bedtime and a regular rising time. Try to maintain a regular rising time, even if you have had trouble sleeping the night before.
Reserve your bedroom for sleep. When you get into bed, turn off the lights and try to go to sleep.
Exercise regularly. Exercise in moderate amounts early in the day.
Prepare your sleeping environment. Prepare your bedroom to provide maximum comfort and a minimum distraction.
Determine what your optimal amount of sleep is. Systematically work toward obtaining the right amount of sleep each night.

Don't
Don't take naps during the day or evening.
Don't exercise vigorously in the evening.
Don't drink caffeine-containing beverages (coffee, tea, soft drinks) after dinner.
Don't study or read for classes in bed.