



# TIPS FOR SLEEPING WELL

- Set the tone for sleep by completing housework, bills and other activities several hours before bedtime.
- Get out of bed if you don't fall asleep within 20 minutes.
- Mid-day naps may interfere with a good night's sleep.
- Avoid alcohol before bedtime.
- Keep your bedroom dark, quiet and relaxing.
- Avoid caffeinated beverages in the afternoon and evening.
- Try to maintain the same sleep/wake schedule every day, including weekends.
- Complete any exercise 4 or more hours before bedtime.
- Have a light snack before bed, not a heavy meal.
- Don't fall asleep with the television on.

If you have questions or require professional assistance with your CPAP therapy, Apria's certified respiratory therapists are always just a phone call away. To learn more about Apria's Premium Care Sleep Program and the latest available sleep management solutions, visit [apria.com/services](https://apria.com/services) and select "CPAP/BIPAP" or call **877-265-2426**.

**Ask your doctor if Apria's Premium Care Sleep Program is right for you.**

Visit us at [apria.com](https://apria.com).

Apria Healthcare LLC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
Apria Healthcare LLC cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.  
Apria Healthcare LLC 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。

