

3 Steps

to Getting on a

Sleep Schedule



While you may not be able to control every single factor that could interfere with your ability to get a good night's sleep, you can take control of your sleep schedule. Your body needs a regular sleep schedule, and following one is easier than you might think. Here are three simple steps you can take to get started today:

1. Make gradual adjustments.

Just like making changes to your diet, making small adjustments will help you develop a habit that you can stick to. If your goal is to go to bed earlier, instead of trying to go to bed three hours earlier, start by going to bed 30 minutes earlier. Increase the 30-minute increments every few days until you reach your goal.

2. Keep it consistent.

When it comes to setting a sleep schedule, consistency is key. Your body's natural clock (known as its circadian rhythm) needs to follow a routine, otherwise it gets thrown out of whack.

3. Don't hit the snooze button.

Getting those five (or 25) extra minutes of sleep after you hit your alarm's snooze button may be tempting. Unfortunately, snoozing your alarm won't help you get any additional restful sleep and can potentially harm your sleep schedule.