

Five Sleep Habits to Reduce Headaches

1. Set regular sleep times. Bedtime and waking times shouldn't vary more than half an hour from day to day, including weekends. Eight hours of sleep is ideal.
2. Don't watch TV, read, listen to music or do work in bed.
3. Practice visualization techniques to fall asleep quickly.
4. Eat dinner at least four hours before bedtime and limit fluids within two hours of bedtime.
5. Do not nap during the day.