

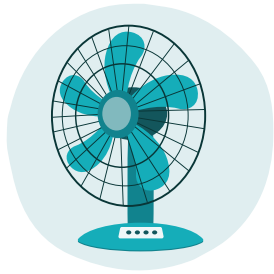
Sleep Tips for Night Sweats



Avoid exercise, caffeine, and alcohol close to bedtime.



Establish a calming evening routine to reduce stress.



Keep your bedroom cool by turning down the temperature or using a bedside fan.



Choose bedding and pajamas made from breathable, lightweight fabrics.



Use a cooling pillow or put an ice pack under your pillow to help cool it.



Put an insulated bottle filled with cold water on your nightstand.



Keep a bottle of cooling spray or spray bottle with ice water by your bed to mist your skin when needed.