

## Get Enough Rest

Taking care of yourself when you have COPD\* includes resting when you need it.

- If you can't fall asleep, get out of bed and do something relaxing, like reading
- Don't take naps
- Talk to your healthcare practitioner [prak-tih-shun-er] about exercising three times a week
- Try to relax two hours before you go to bed
- Avoid caffeine four to five hours before you go to bed
- Keep the same bedtime and wake-up times

## Enjoy Yourself!

Make the most of your leisure time.

- Paint, knit, or do a craft project
- Listen to music, play cards, or use the computer to learn about new things
- Meet friends for dinner, a movie, or a play
- Read, write, or learn a musical instrument or a new language



### Did you know?

**You can still do fun things when you have COPD. Talk to your healthcare practitioner for more information.**

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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