

DrSonia Patient Handout  
GERD lifestyle measures

Reflux symptoms often improve with daily habits.

Try these steps

- Eat smaller meals and avoid late-night snacks.
- Limit trigger foods (fried, spicy, acidic, mint, chocolate).
- Avoid lying down for 2 to 3 hours after eating.
- Elevate the head of the bed if nighttime symptoms.

Source: Canadian Digestive Health Foundation  
Educational use only; not medical advice.