



TRY
THESE
TIPS TO
SLEEP BETTER EVERY NIGHT.

From improving our decision making to keeping our bodies at their healthiest, getting a good night's rest will lead to great returns. Do your body a favor and give it the quality rest it deserves, every night!



BEDTIME RITUAL. Just like kids, give yourself a bedtime routine. Find what works for you: turn down the lights, stretch, read, journal, meditate, pray, or sip on decaf tea.



COOL, QUIET BEDROOM. Create a comfortable sleep environment that is cool, dark and quiet. It is easier to fall asleep and stay asleep in a cool room. Use ear plugs, white noise machines, humidifiers or fans to block out noise around you.



KEEP IT REGULAR. Get up at the same time every day, even on the weekends. A regular wake time helps to set your body's natural clock by making sure you do not oversleep and helps you avoid morning fog.



LIMIT ELECTRONICS. Put away ALL electronics two hours before bedtime. Cell phones, tablets, and other devices make it harder for your brain to turn off and may interfere with your body's natural sleep clock.



LIMIT LIGHT. Use blackout curtains, turn clock settings to low, cover cable boxes or any other light source. Turn down overhead lights and use lower-watt lamps 60-90 minutes before bed.



THE TWO "S" RULE. Use your bed for sleep and sex only. Doing other activities in bed, such as checking email, will train your brain into thinking that activities other than sleep are appropriate in bed.

Did you know?

Studies have shown that room lighting and electronic devices can interfere with sleep by suppressing the production of melatonin, a natural hormone released in the evening to help you feel tired and ready for sleep.

Interested in learning more?

Reach out to your care team for more ways to help you sleep soundly!



Your behaviors during the day, and before bedtime, can have a major impact on your sleep. Try these healthy daytime tips for a better night's rest.

CUT CAFFEINE EARLY. Caffeine is a stimulant, consider cutting caffeine by noon each day to support a good night's rest.

MOVE MORE. Exercise can extend sleep duration, improve sleep quality, and decrease the time it takes to fall asleep. Finish exercising at least three hours before bed to allow your body to cool down, helping you fall asleep.

Did you know? Once in the body, caffeine will persist for several hours. **It takes about 6 hours for one-half of the caffeine to be eliminated.**

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