

5 WAYS TO GET BETTER SLEEP



NATIONAL SLEEP AWARENESS MONTH

Try these science-backed practices to promote **quality rest** for better health and well-being

CONSISTENCY

Go to bed and wake up at the **same time** everyday, even on weekends

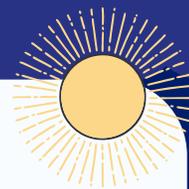
- This helps regulate your body's internal clock and makes it easier to fall asleep



DAYTIME HABITS

During the day:

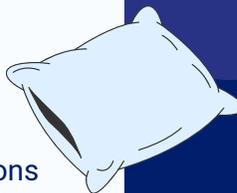
- See sunlight for at least 15 minutes in the morning
- **Move** your body to promote deeper sleep
- Avoid long or late **naps**



SLEEP SANCTUARY

Keep your bedroom:

- **Dark** with curtains or an eye mask
- **Cool** between 60°F and 68°F
- **Quiet** by turning off noisy distractions
- **Comfortable** with supportive bedding and use your bed just for sleeping



AVOID DISRUPTORS

- Cut off caffeine 8 hours before bed
- Finish heavy meals, nicotine, and alcohol at least 3 hours before bedtime



RELAX & UNWIND

At least 30 minutes before bedtime:

- Turn off electronics and put your phone away
- Choose activities that relax you, like a warm bath, relaxing music, or journaling



SLEEP FACT!

Blue light from phones and electronics can disrupt your body's natural melatonin production and keep your brain active.

