

# HOW TO GET BETTER SLEEP



## CLOCKWORK

Go to bed and wake up around the same time every day. Yes, even on weekends!



Try activities that help you relax: stretching, warm bath or shower, journaling, reading, etc.

## WIND DOWN



## SLEEP SANCTUARY



Sleep on a comfortable bed in a dark room with a cool temperature (60-68°F).



End screen use at least 1 hour before bedtime. Blue light from devices blocks sleep hormones.

## SCREEN TIME



## CAFFEINE CUTOFF



Avoid caffeine at least 6 hours before going to bed - you'll fall asleep faster.



New sleep habits can take some time and patience. If you're still having trouble, talk to a doctor for more help.

## STILL STRUGGLING?



# THE BENEFITS OF SLEEP

Getting 7-9 hours of sleep every night is vital for your physical and mental health.



## MORE ENERGY

Recharge energy levels and help your body repair itself

## BOOSTS FOCUS

Learn and remember information better and faster



## STRONGER IMMUNITY

Help your body fight off germs and illness

## GOOD FOR YOUR HEART

Reduce blood pressure and risk of heart disease



## BETTER MOOD

Handle stress and emotions better

BE YOUR **BEST**  
BY GETTING ENOUGH **REST**

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