SLEEP ON IT: A NEW WAY TO THINK!

How you **feel** about sleep affects how **well** you sleep

WHY WE NEED QUALITY SLEEP

- Sleep is our daily reset that allows our bodies to repair and destress
- Quality sleep each night helps:
  - lower the risk of chronic disease
  - regulate metabolism
  - strengthens the immune system

WHAT DOES QUALITY SLEEP LOOK LIKE?

- Wake up refreshed and feel well-rested
- Feel clear-headed and capable of paying attention
- Feel in a good mood
- Have enough energy to get you through the day

FOLLOW YOUR SLEEP PATTERNS

- Use a sleep tracker to record what time you go to bed and wake up each day
- Write down any sleep disruptors, such as caffeine, alcohol, nicotine, or heavy meals you have a few hours before bedtime
- Look for patterns that may be preventing you from getting your best possible rest

CHANGE HOW YOU THINK ABOUT SLEEP

- Think of sleep as an act of self-care
- Instead of saying things like, "I never get good sleep." try saying, "I get to rest and repair my body."
- Positive thoughts about bedtime helps your brain relax and reduce stresses, leading to better sleep

WHEN TO SEEK HELP

Talk with your doctor if you have trouble falling asleep and sleeping through the night

- Write down what you want to discuss
- Share examples of how your sleep is affecting you

Scan here to learn more about sleep health!