

# HEALTHY SLEEP TIPS

## 1. MAKE SLEEP A PRIORITY

Don't skimp on sleep, most people need at least 7 hours per night.

## 2. TURN OFF ALL SCREENS

Light from TV's, cell phones and other electronic devices can signal your brain that it's time to be awake.

## 3. EXPOSE YOURSELF TO NATURAL LIGHT EARLY IN THE MORNING

This signals your brain to end the sleep cycle and wake up!

## 4. KEEP A REGULAR SCHEDULE

Let your body 'know' when to feel sleepy or awake, especially on weekends.

## 5. KEEP YOUR ROOM COOL AND DARK

Reduce annoying noises as much as possible.

## 6. CREATE A ROUTINE AT BEDTIME TO LET YOUR BODY KNOW IT'S TIME TO RELAX

Do all of your stressful chores and thinking BEFORE you go into your bedroom. Leave the stress outside of your bedroom.

## 7. DO SOMETHING RELAXING

If you can't fall asleep, get out of bed and do something boring or relaxing like reading until you feel sleepy again. Don't lay there stressing out.

## 8. NO CLOCK WATCHING

Turn your clock around so you can't see it from your bed. Even good sleepers wake occasionally through the night. Looking at the clock at 3 a.m. may cause you to feel like you haven't slept at all, even if you did.