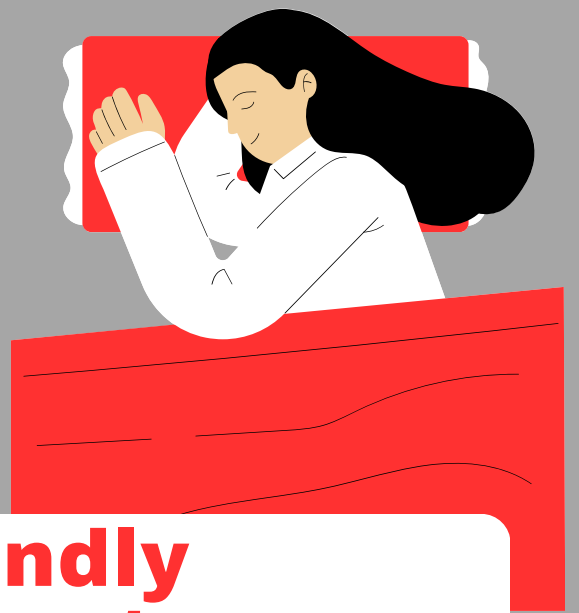


4 Tips for **Better Sleep**



1

Sleep Friendly Environment

- Reduce the temperature in your room
- Make your room as dark as possible
- Use your bed only for sleeping
- Use sleep aids like weighted blankets, eye masks, and white noise machines

2

Sleep Routine

- Go to bed and get up at the same time each day
- Avoid meals and snacks after 8:00 PM
- Add relaxation techniques to your bedtime routine
- Reduce the amount of time you spend on digital devices before bed

3

Daily Routine

- Limit caffeine consumption later in the day
- Take naps earlier in the day instead of the evening
- Take naps for no more than 45 minutes
- Keep a sleep journal to see how much sleep you are currently getting

4

Physical Activity

- Exercising 2 or more days per week can help to reduce insomnia and make winding down easier before bed
- Even light exercise, such as walking, can improve sleep quality