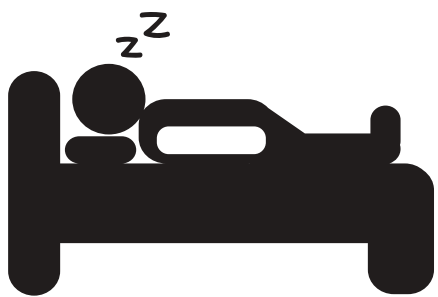


TIPS FOR Restful Sleep



01

SET UP YOUR SPACE

Your bedroom should be cool, dark, and quiet. If possible keep computers and TVs out of your room to strengthen the association between your bed and sleep.

02

AVOID STIMULANTS

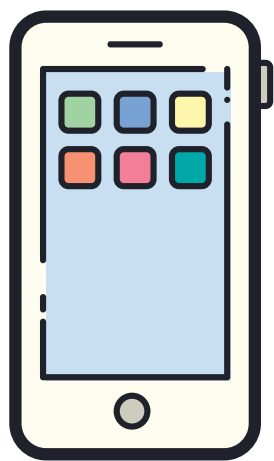
Caffeine, alcohol, sugar, and tobacco should be avoided a few hours before sleep. Stimulants can make it hard to fall and stay asleep.



03

REDUCE SCREEN TIME

Blue light is found in most screens and devices. This type of light boosts attention and speeds reaction times which is detrimental to sleep at night. Try to avoid screens 2-3 hours before bed and do not scroll your phone in bed.



04

KEEP IT CONSISTENT

Going to bed and waking up the same time everyday helps improve the quality of your sleep.



05

SET UP A ROUTINE

Try incorporating a warm bath or shower, or do a meditation to help prepare your body for sleep.



06

EAT LIGHT

Avoid heavy meals late in the evening and give yourself a few hours to digest before you sleep.

