



Tips for Better Sleep



Easy tips to improve your sleep quality

1 Be Consistent

Go to bed at the same time and get up at the same time every day.



2 Bedroom Environment

Make your bedroom quiet and dark. Only use your bedroom for sleep.



3 Disconnect From Devices

Turn off the electronics at least an hour or two before bed.

4 Stretching & Meditation

To reduce the muscle tension and calm your mind.



5 Avoid Large Meals & Hunger at Bedtime

To give your body enough time to properly digest the food that won't disrupt your sleep. Don't go to bed hungry.

6 Exercise Regularly

Exercise can help you fall asleep and deepen your sleep. Do not exercise within 3 hours of bedtime.

7 Avoid Long Naps

Naps longer than 30 minutes can disrupt our ability to fall asleep.



8 Avoid Caffeine and Alcohol / Substance Use Too Close to Bedtime

Caffeine, alcohol, and other substances can effect our ability to initiate sleep, cause awakenings in the night and result in more shallow sleep overall.



For a good health,
Sleep 7 to 9 hours
per night.

