

5 TIPS FOR A GOOD NIGHT OF SLEEP



KEEP A ROUTINE

Work on going to bed and waking up at the same time every day. Establishing a consistent sleep cycle will help you sleep better and wake up well-rested.



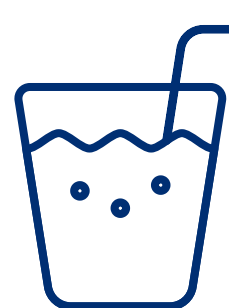
EXERCISE

Commit to exercising at least 30 minutes every day.



TURN OFF YOUR SCREEN

The light from your television or cell phone stimulates your brain and will keep you from a restful night of sleep. Make the hour before bed a “screen free” time for a restful night of sleep.



RETHINK YOUR DRINK

Refrain from drinking caffeinated beverages at least five hours before going to bed, and stop drinking alcoholic beverages at least three hours before going to bed.



TRAIN YOUR BRAIN

Train your brain to know that when you go to bed, you go to sleep. If you find yourself tossing and turning from anxious thoughts, get out of bed and return when you are feeling tired.