

TIPS FOR BETTER SLEEP

- Set a regular bedtime and waketime.
- Make the room completely dark. If your room lets in a lot of natural light early in the morning, a sleep mask is a great way to prevent the light from affecting you.
- Keep the room as quiet as possible or use a white noise machine/app to block outside noise
- Get some natural sunshine each day
- Log off of all technology at least 1 hour before bedtime
- Sleep in a cooler room (60-65 degrees is ideal)
- Create an evening routine, which signals to your nervous system that it's time to wind down. Your routine might include a warm bath, having a cup of herbal tea or doing some deep breathing before bed.

