

Sleep Your Way to Better Health

Did you know? Getting enough quality sleep on a regular basis can improve your physical, mental and emotional well-being. Check out these tips to help your body get the ZZZs it needs.

Visit <https://bit.ly/AFISleep> for more information.



1. Create a sleep schedule.

Prioritize sleep by getting up and going to bed at roughly the same time each day. Pick a wake-up time and stick to it, even on weekends, non-workdays and vacations.



2. Aim for 7+ hours/night.

Research shows a minimum of seven hours of sleep per day is ideal for optimal health in adults. Go to bed early enough to ensure you get adequate rest.



3. Give yourself a buffer before bed.

It's easier to fall asleep when you are at ease, so take 30 minutes to wind down before bed. Turn off electronic devices and lower bright lights. Reading, soothing music, meditation or relaxation exercises can also help with quality ZZZs.



4. Reserve your bed for sleep.

Don't eat, work, study or watch tv in bed. You want a strong mental association between your bed and sleep, so limit activities in bed to sleep and sex.



5. Avoid alcohol or caffeine before bed.

Consuming food, alcohol or caffeine can make it difficult to fall asleep. They also can lower sleep quality. Try non-caffeinated or herbal teas instead.



6. Make your bed a sanctuary.

Create a sleep-inducing space to unwind. Try high-quality mattress and pillows and pleasant aromas like lavender to help you fall asleep faster.



7. Exercise regularly and outdoors if you can.

Regular exercise helps maintain your body's natural rhythm, helps you fall asleep sooner and rest better. Light exposure also regulates your internal clock, so go outside and be active! Avoid exercising right before bed.



8. Don't smoke.

Exposure to smoke, including secondhand smoke, can make it difficult to fall asleep and cause poor quality sleep.



Author: Laura Young, Ph.D.(c)

