

TOP TIPS to Better Sleep

Goal: 7 to 9 hours/night

ONE

Stick to a Regular Sleep Schedule; Be Consistent to get Your Body on a Routine

TWO

Be Mindful of what you Eat & Drink Close to Bedtime

THREE

Create a Bedtime Ritual where You do the Same Thing Each Night

FOUR

Power Down Electronics & TVs

FIVE

Save Your Bedroom for Sleep

SIX

Limit Daytime Naps. If you have to Nap, Limit it to 10 to 30 minutes.

SEVEN

Include Physical Activity in Your Daily Routine

EIGHT

Manage Stress... Try to De-clutter your Brain at Bedtime

NINE

Silence Distracting Noise &/or Add Relaxing Sounds

TEN

Make Rest a Priority... Make Your Overall Well-being a Priority

Keep these TOP Tips in Mind
As You Begin to Make REST a Priority!