

Recharge Week



HEALTHY SLEEP HABITS

Follow these tips to establish healthy sleep habits:

1. Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
2. Set a bedtime that is early enough for you to get at least 7-8 hours of sleep.
3. If you don't fall asleep after 20 minutes, get out of bed. Go do a quiet activity without a lot of light exposure. It is especially important to not get on electronics.
4. Establish a relaxing bedtime routine.
5. Use your bed only for sleep.
6. Keep the room at a comfortable, cool temperature.
7. Limit exposure to bright light in the evenings.
8. Turn off electronic devices at least 30 minutes before bedtime.
9. Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
10. Exercise regularly and maintain a healthy diet.
11. Avoid consuming caffeine and alcohol at least 4-6 hours before going to bed.