

BETTER SLEEP

5 TIPS

1 AVOID CAFFINE IN THE AFTERNOON AND EVENING

Drinking caffeinated beverages or energy drinks in the afternoon or evening can lead to difficulty falling asleep or cause sleep disturbances throughout the night. It is recommended to not drink caffeine less than 6 hours before bed.



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2 TURN OFF ELECTRONICS 30 MINUTES BEFORE BED

Blue light emitted before bedtime can interfere with the production of natural sleep hormones, such as melatonin, and decrease feelings of sleepiness.



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3 GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY

Having a consistent sleep routine can help to regulate one's circadian rhythm, allowing for an easier time falling asleep at night and waking up in the morning.

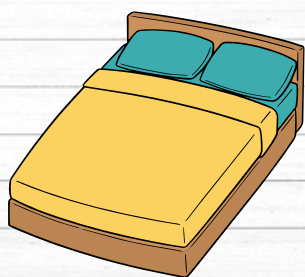
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4 NAP SMARTER

Taking naps can cause trouble sleeping at night. It is recommended to limit naps to 20-30 minutes, and avoid napping past 3 pm.

4



5 INCORPORATE PHYSICAL ACTIVITY INTO YOUR DAILY ROUTINE

Being active throughout the day releases endorphins. This release of endorphins is proven to lower stress and anxiety, which in turn results in better sleep and relaxation, and regulation of the circadian rhythm.

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