



Sleep Tight

6 habits for better sleep

Not getting enough sleep is more than an inconvenience. It's associated with such serious health issues as obesity, diabetes, heart disease, and depression. Poor sleep is linked with impaired decision-making, decreased alertness and less energy.



Signs of poor sleep include:

- Feeling tired after waking up
- Waking frequently at night
- Mood shifts, difficulty concentrating, and slower thinking

Health experts recommend getting at least **7 hours** of sleep each night and adopting these six habits to help improve sleep.



Exercise regularly



Keep bedroom quiet, dark, and cool



Stick to a consistent sleep schedule, even on weekends



Establish a relaxing bedtime routine



Avoid large meals, caffeine, nicotine and alcohol before bed



Remove TVs, computers, and smart phones from the bedroom

Are you getting enough sleep?

For more help with sleep, talk with your doctor or a sleep specialist.

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For you.**