

# Sleep Better.

For most adults, 7 to 8 hours of sleep is enough. For many, a good night's sleep can be hard to find. Many things may make it difficult to sleep. Maybe you are stressed or worried or are dealing with pain or changes in hormones. Using electronics (TV, phone, etc.), eating or drinking alcohol too close to bedtime can also keep you up at night. Even taking certain medications may keep you from getting the sleep you need.

## A lack of sleep can make you feel:

- drowsy or exhausted
- moody or depressed
- stressed
- forgetful or unable to concentrate

## ✓ THE NATIONAL SLEEP FOUNDATION'S 2023 SLEEP IN AMERICA® POLL SHOWS SLEEP IS STRONGLY ASSOCIATED WITH MENTAL HEALTH.

## Over time, an ongoing lack of sleep (sleep deprivation) can put you at an increased risk for:

- depression or mental illness
- health issues such as a stroke
- severe mood swings

## HOW DO YOU KNOW IF YOU ARE SLEEP DEPRIVED?

### You may be sleep deprived if you:

- are drowsy during the day
- fall asleep for brief periods during your normal waking hours
- fall asleep within 5 minutes of lying down

Talk to your doctor if you have problems sleeping that make it hard for you to function or that last more than 4 weeks.

*Referenced sources include [sleepfoundation.org](https://sleepfoundation.org), [hopkinsmedicine.org](https://hopkinsmedicine.org), [psychiatry.org](https://psychiatry.org) and [mayoclinic.org](https://mayoclinic.org)*



Right here.  
For you.

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## 3, 2, 1 – Sleep

Try to have that last cup of coffee or other caffeinated drink at least 10 hours before bed. Make bedtime more relaxing – try a white noise machine, read or meditate

### MAKE YOUR BEDTIME MORE RELAXING

- listen to white noise using a sound machine or mobile app
- meditate
- take a warm bath
- read

Number of Hours Before Bed	To Do
3 hours	Stop eating and do not drink alcohol
2 hours	No work or homework
1 hour	Switch off screens (phones, tablets, and television)

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。