



# 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.

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。

UN-3581/18651-24WW A11Y\_CRG\_012224



**Right here.  
For you.**