

Getting Better Sleep

Why Sleep Matters

Quality sleep fuels your body and brain. While you rest, your mind processes memories, and your body repairs cells, regulates metabolism, and strengthens immunity. Regular good sleep helps improve mood, focus, energy levels, and long-term health. Most adults should get 7-9 hours of sleep each night.

Tips for Better Sleep

Keep a consistent sleep schedule

Go to bed and wake up at the same time each day - even on weekends. Consistency strengthens your internal body clock and improves overall sleep quality.

Create a Relaxing Bedtime Routine

Wind down 30–60 minutes before bed. This signals to your body that it's time to rest. Try:

- Light stretching
- A warm bath or shower
- Reading or listening to calm music
- Deep breathing

Make Your Sleep Space Comfortable

Transform your bedroom into a sleep sanctuary:

- Keep it cool (around 65°F)
- Reduce light (use blackout curtains)
- Limit noise (try white noise if needed)
- Choose comfortable pillows and

Bedding

Disconnect From Devices

Put away phones, tablets and laptops 30–60 minutes before bedtime. Blue light can interfere with melatonin production—the hormone that helps

you fall asleep.

Watch What You Eat & Drink

- Avoid caffeine in the afternoon and evening
- Limit alcohol before bed
- Skip heavy meals close to bedtime
- If you're hungry, choose a light, sleep friendly snack such as fruit, whole grains or low-fat protein

Be Active During the Day

Just 30 minutes of exercise—especially earlier in the day—helps regulate your sleep cycle. Moving your body reduces stress, improves mood and helps you fall asleep faster.

Listen to Your Body

If you can't fall asleep after 20–30 minutes, get out of bed and do something quiet and calming until you feel tired again.

Track Patterns if Needed

A sleep journal can help you understand habits that support or disrupt your sleep.

Track:

- What time you went to bed/woke up
- Stress levels
- Caffeine intake
- Screen use
- Physical activity

Over time, patterns emerge — and small changes can make a big difference.