

DID YOU KNOW?

School age children need a minimum of 9 hours of sleep each night and adults need a minimum of 7 hours of sleep each night.



SLEEP BETTER. LIVE BETTER.

★ TIPS FOR BETTER SLEEP

Turn off electronic devices—TV, phone, iPad—at least 30 minutes before bedtime.

Limit exposure to bright light in the evenings.



Establish a relaxing bedtime routine.

Make your bedroom quiet, relaxing, and keep the temperature comfortable and cool.

Keep a consistent sleep schedule.

Aim for going to bed around the same time every night and get up at the same time every day—even on weekends or during vacations.



Exercise regularly and maintain a healthy diet.

Avoid consuming caffeine in the late afternoon or evening.

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.