



# Sleep tight

## 6 habits for better sleep

Not getting enough sleep is more than an inconvenience. It's associated with serious health issues such 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:

- Waking frequently at night
- Feeling tired after waking up
- 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.

1

**Keep bedroom quiet, dark, and cool**

3

**Avoid large meals, caffeine, nicotine and alcohol before bed**

5

**Establish a relaxing bedtime routine**

2

**Exercise regularly**

4

**Stick to a consistent sleep schedule, even on weekends**

6

**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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