

Sleep Well For Better Resilience

Sleep recharges our bodies and minds, yet more than half of Americans say they sleep poorly or are awake during the night. **Don't be one of them!**



Top 3 reasons why our sleep is poor

- **Too much technology:** TV, computer and smartphone use before bedtime does not allow for a natural transition to sleeping.
- **Too much light:** Even an alarm clock may brighten things too much to send the brain a "sleep" message.
- **Too much alcohol or medicine:** Alcohol, cigarettes and even medications taken too close to bedtime can disrupt sleep patterns.

Best ways to improve your sleep

- Establish a routine you keep every night.
- Make sure your room is dark at night and lets light in gradually in the morning.
- If you have trouble falling asleep or you wake through the night, either get up after 20 minutes or do something relaxing like reading in dim light.
- If you wake up with worries or ideas, keep a journal by the bed where you can quickly jot them down and then review them in the morning.
- Avoid excesses of caffeine, food, alcohol, exercise or other things before bedtime.

GOOD
MORNING!