



ACTION STEPS FOR WELLNESS

Reap the benefits of sleep



Getting enough quality sleep is as vital to good health and long life as are healthy eating and regular exercise. You need sleep to:

- Help your immune system fight infections.
- Help prevent and deal with anxiety and depression.
- Help prevent and control weight gain, diabetes, heart disease, and high blood pressure.
- Have energy, think clearly, and react quickly.



Reap the Benefits of Sleep

- Plan to wake up at the same time every day, even on weekends. When you wake up, get exposure to bright light.
- Get sunlight every day, especially in the early part of the day.
- Do regular exercise daily, but not within a few hours of bedtime.
- Avoid caffeine for six hours before bed. Limit caffeine to 300 milligrams a day.
- Don't have more than one alcoholic drink with or after dinner.



- Dim the lights in the house an hour or two before you go to bed.
- Write down your worries and fears to clear your mind of them so you can focus on sleep.
- Follow a bedtime routine. Take a warm bath or read a book.
- Keep the room cool, dark, and quiet. Or, try using a low rhythmic sound, such as a fan set on low.
- Sleep on a mattress and pillow that feel right for you.