

Sleep Affects Everything

Sleep affects all parts of your health and well-being.

Good sleep is essential for repairing and recharging your body and mind every day. Without it, the risk for many chronic diseases goes up. And quality sleep makes other self-care habits and decisions easier.

- Go to bed and get up at the same time every day.
- Create a relaxing bedtime routine, such as light reading, breathing exercises, writing in a journal, etc.
- Leave screens out of the bedroom.
- Keep your bedroom dark, cool and quiet. Ear plugs, white noise app, fan and wearing an eye mask may help.
- Spend time outdoors in natural light and get regular physical activity.
- Avoid heavy meals close to bedtime. Avoid or limit caffeine and alcohol.

