Goal: Sleep 5 nights per week for 7+ hours

- Go to bed at the same time each night and get up at the same time each morning.
- Make sure your bedroom is a quiet, dark, and relaxing environment with ideal temperature and comfortable, cozy bedding.
- Don’t use your bed for other activities like, reading, watching TV, listening to music. Use it only for sleeping.
- Avoid eating large meals, cigarettes, and alcohol before bed.
- Avoid taking naps.
- Take a bath or shower to relax before bed.

What are the consequences of poor sleep?

- Not getting enough sleep is associated with an increased risk for several chronic conditions such as diabetes, cardiovascular disease, stroke, obesity, and depression.
- Sleep deprivation increases production of the stress hormone cortisol and lowers your levels of the hormone, leptin, which tells your brain that you have eaten enough.