

SLEEP



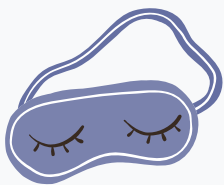
Not getting enough sleep raises the risk of chronic conditions like diabetes, cardiovascular disease, stroke, obesity, and depression. For optimal health, aim for 7-9 hours of sleep per night.

Goal: Sleep at least 7 hours each night

Use this checklist to set yourself up for a successful night's sleep:

- Select a consistent bedtime and wake time, and stick to them daily**
Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock and can help you fall asleep and wake up easier.
- Avoid large meals, caffeine, and alcohol close to bedtime.**
These can disrupt your sleep. Instead, opt for a light snack if you're hungry before bed, and consider foods that promote sleep such as turkey, almonds, or cherries.
- Put away blue light devices.**
Engage in calming activities before bed, such as reading a book, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation. Avoid stimulating activities, such as watching TV or using electronic devices, as the blue light emitted can interfere with your ability to fall asleep.
- Optimize Your Sleep Environment**
Ensure your bedroom is conducive to sleep. Keep the room cool, quiet, and dark. Consider using blackout curtains, earplugs, or a white noise machine to block out distractions.

Build Your Own Sleep Kit:



Eye Mask



Camomile Tea



Lavender Spray



Blue Light Glasses



Ear Plugs