



# SLEEP HACKS FOR BETTER HEALTH



## **ROUTINE**

Choose a regular time of the day/night when you go to bed and wake up each day.

.....



## **KEEP YOUR ROOM COOL**

Colder rooms help you fall asleep faster and maintain a deeper sleep.

.....



## **KEEP YOUR ROOM DARK**

Sleeping in a dark room reduces the stimulation of light telling your body to be active.

.....



## **REDUCE SCREEN TIME**

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.

.....



## **EXERCISE**

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



## **CAFFEINE INTAKE**

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

# Sleep Hacks Fall Clearance How To

**JG Myers**



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