

Sleep Awareness Week

March 6 - 13, 2016

Day 7

Sleep is important for everything – “**Remember to account for Daylight Saving Time!** Spring forward towards better sleep!”

Day 1

Start the week by making time for the sleep your mind and body needs. Most adults need 7 to 9 hours to function properly.

Day 6

Put your troubles aside and drift away.

Keep a piece of paper next to your bed and write down any worries of the day before putting your head down to sleep. You'll sleep better!

Day 2

Leave a couple of hours between eating and going to bed. It will help you reap the maximum benefits of a good night's sleep.

#7DAYS4BETTERSLEEP

Day 5

Create a bedtime ritual.

Make deep breathing, stretches and other relaxing exercises part of your pre-sleep ritual, to wind down and help get your mind ready for sleep.

Day 3

Power down to recharge!

Blue light from screens can disrupt your circadian rhythm and affect your ability to sleep. Turn off your mobile devices before you head to bed!

Day 4

Make your bedroom all about sleep! A comfortable mattress, pillow, and bedding will help you get a good night's sleep. Keep your room dark and use cool paint colors for the walls.