

Sleep Well



Do you feel drained of energy before you even leave the house? You're not alone. **More than one in three adults don't get the recommended 7 to 9 hours of sleep each night** — and that can take a toll on your body and mind.

Making some small changes in your daily habits could make a big difference in your overall health. Try these snooze-worthy tips and tricks with your family and friends for four weeks.

Week 1

Be active during the day to help reduce stress and sleep better.

- Add physical activity into your daily routine. Walking counts! It can relieve stress, boost brain function (including your memory and attention) and help you sleep better at night.
- Try mindfulness, meditation or deep breathing to manage stress.
- If exercising too close to bedtime keeps you awake, try working out earlier in the day and doing some relaxing yoga in the evening.

Week 2

Establish a nighttime routine including a bedtime alarm.

- Go to bed and wake up at about the same time each day to sleep better.
- Set a daily bedtime alarm, counting backwards 7-10 hours (depending upon how much wind-down time you need) from your ideal waking time.
- Choose sleep over getting one more thing done. Good sleep can help you be more productive and accomplish more during the day.

Week 3

Create a morning routine with a positive activity.

- Start your morning with a healthy activity like a walk around the block, meditation, gratitude journaling or yoga. Looking forward to a few moments of “me time” could make it easier to get up.
- Break the snooze button habit. Sleeping past your alarm can make you groggy in the morning.
- Try habit chaining. Connect the new habit to something you do automatically every morning. For example, do a few yoga moves right after you brush your teeth.

Week 4

Wind down tech-free at bedtime.

- Charge your phone and other devices away from your bed.
- Try reading, listening to music or catching up on a podcast instead of scrolling and swiping into the night. The bright blue light could be sabotaging your sleep cycle.
- Go low-tech. Try an old-school alarm clock and stash a pen and notepad by your bed so you don't reach for your phone when inspiration strikes.

If you've tried everything and still can't sleep well, you may have a sleep disorder. Talk to your doctor or health care provider.

Learn more about improving your sleep and health at heart.org/HealthyForGood