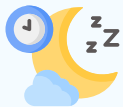


SLEEP SOUNDLY



ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, PEOPLE WHO DON'T GET ENOUGH SLEEP ARE MORE LIKELY TO DEVELOP HEALTH PROBLEMS LIKE OBESITY, DIABETES, HEART DISEASE, AND DEPRESSION.

SLEEP HYGIENE IS IMPORTANT FOR YOUR PHYSICAL AND MENTAL HEALTH. IF YOU ARE HAVING TROUBLE FALLING OR STAYING ASLEEP, CHECK OUT THE SUGGESTIONS BELOW AND MAKE AN APPOINTMENT TO SPEAK TO YOUR DOCTOR.



AVOID ALCOHOL CONSUMPTION AS A MEANS OF FALLING ASLEEP. ALCOHOL CAN MAKE IT EASIER TO FALL ASLEEP, BUT IT OFTEN LEADS TO DISTURBED OR CHOPPY SLEEP AS YOUR BODY PROCESSES THE ALCOHOL.

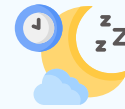


DEVELOP A BEDTIME ROUTINE. THIS SHOULD INVOLVE ACTIVITIES THAT HELP YOU WIND DOWN AND FEEL RELAXED LIKE SOFT MUSIC, READING, OR MEDITATION.

SLEEP SOUNDLY



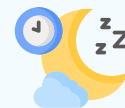
MAKE SURE YOUR BEDROOM IS QUIET, DARK, AND AT A COMFORTABLE TEMPERATURE (RECOMMENDED COOLER AS YOU SLEEP)



EXERCISE DURING YOUR AWAKE TIME. PHYSICAL ACTIVITY CAN HELP YOU FALL ASLEEP MORE EASILY WHEN IT IS TIME. DO NOT EXERCISE 2-3 HOURS PRIOR TO BEDTIME.



DEVELOP AND STICK TO A CONSISTENT SLEEP SCHEDULE, EVEN ON YOUR OFF DAYS. THIS SHOULD INVOLVE ACTIVITIES THAT HELP YOU WIND DOWN AND FEEL RELAXED LIKE SOFT MUSIC, READING, OR MEDITATION. ADULTS NEED 7-9 HOURS OF SLEEP WITHIN A 24-HOUR PERIOD. THIS DOES NOT INCLUDE THE TIME YOU SPEND JUST LYING IN BED.



ASSESS YOUR SLEEP QUALITY AND ADJUST AS NEEDED. THIS CAN INCLUDE KEEPING A SLEEP DIARY TO RATE YOUR SLEEP ON A SCALE FROM ONE TO 10 EACH TIME, RECORDING WHAT TIME YOU GO TO BED/WAKE UP, AND ANY DISTURBANCES IN BETWEEN.