

# 4 TIPS FOR BETTER SLEEP





## UNDERSTAND WHY SLEEP IS IMPORTANT

Getting a good night's rest will be easier if you understand how it will help you achieve your goals. Better sleep can lead to less stress, better health and even weight loss. Read up on the benefits of sleep to encourage you to hit the hay a little bit earlier.

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## TURN OFF YOUR SCREENS AT NIGHT

Televisions, cell phones, tablets and other screens trick your brain into thinking it's daylight. It can throw off your sleep cycle and make falling (and staying) asleep difficult.

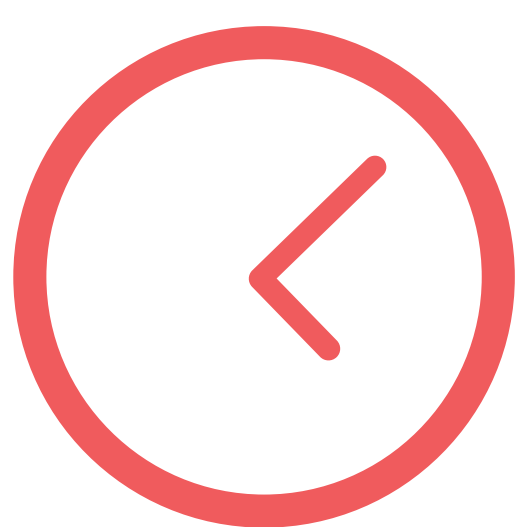
Remember—reading news stories can cause stress and anxiety. Turn off screens at least 30 minutes before bed to improve sleep.



## PRIORITIZE GETTING THE SLEEP YOU NEED

Sleep makes you healthier and more productive and it should be a priority. Sometimes that means saying no to social events or early morning workouts. Arrange your schedule so you can get the hours of sleep you need - your body and brain will thank you.

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## CREATE A BEDTIME ROUTINE

Studies have shown that having a bedtime routine can help you fall asleep faster. Pick a few, simple things to do every night before bed and do them consistently. You'll notice a calmer transition into bed and an easier time falling asleep.