

Practice these six small steps for healthy sleep

# Be your Best Slept Self<sup>®</sup>



Daytime

Nighttime



## 1. Light

Spend time in bright light during the day, natural light or equivalent brightness.



## 2. Exercise

Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.



## 3. Mealtimes

Eat your meals at consistent times day after day.



## 4. Avoid...

Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.



## 5. Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7-9 hours for most adults, with same sleep and wake times.)



## 6. Environment

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

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