

RESILIENCY

TOP 5 WAYS TO IMPROVE YOUR SLEEP

Quality sleep is critical for mental and physical health. Evidence supports a variety of benefits of adequate sleep including boosting immunity, relieving stress, assisting with weight maintenance, and balancing mood. Here are five simple strategies to get better rest.

CREATE THE RIGHT SLEEP CONDITIONS.

Eliminate as much light as possible, make the room comfortable, and set the thermostat to the ideal temperature for sleep ~65 degrees F.

CONSIDER YOUR EVENING CONSUMPTION

Limit caffeine 4-6 hours prior to bedtime and avoid large meals and alcohol too close to bedtime.

DISCONTINUE SCREEN TIME

30 minutes before bedtime to maximize production of melatonin.

STICK TO A PREDICTABLE ROUTINE

Try to go to sleep and get up at around the same time each day, including on weekends.

BE ACTIVE

Aim for at least 30 minutes of exercise per day.



#RAFORLIFE

FORLIFE
Cultivating wellbeing practices for life