American Heart Association®
Healthy for Good™

REFINE YOUR SLEEP HABITS.

Does your phone keep you awake? Small changes to your tech habits can help you wake refreshed and ready for the day.

SHIFT IT.
Charge your device as far from your bed as you can.
That distance may also help you feel less overwhelmed overall.

LOWER IT.
At night, dim the screen or use a red-filter app. Most devices' bright blue light can disrupt your body clock and melatonin production.

TIME IT.
Alarms can do more than wake you. Set a bedtime alert to remind yourself to wrap up for the night.

LIMIT IT.
An app blocker can help you break a scrolling habit by stopping you from getting lost in late-night email, social media or games.

SILENCE IT.
If notifications wake you, switch your phone to "do not disturb" to silence alerts while you are trying to sleep.



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EAT WELL. STAY ACTIVE. ***BE WELL.***

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