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Healthy for Good™

Rest Well



Already low on energy before you leave home? You're not alone. More than one in three adults miss the recommended seven to nine hours of sleep a night, which can affect both your body and mind.

Small shifts in your daily habits can make a real difference to your overall health. Try these tips for better sleep with family and friends over the next four weeks.

Week 1

Stay active during the day to ease stress and enjoy better sleep.

- Make movement part of your daily routine. Walking counts! It can ease stress, improve brain function, including memory and attention, and help you sleep more soundly at night.
- Use mindfulness, meditation or deep breathing to help manage stress.
- If exercise near bedtime keeps you awake, work out earlier in the day and try gentle, relaxing yoga in the evening.

Week 2

Build an evening routine that includes a reminder to go to bed.

- Keep bedtime and wake-up time consistent from day to day to improve sleep.
- Set a daily bedtime alarm seven to 10 hours before the time you want to wake up.
- Put sleep ahead of finishing one more task. Restful sleep can boost your productivity and help you get more done during the day.

Week 3

Start each morning with a positive activity.

- Begin the day with something healthy: take a short walk, meditate, write in a gratitude journal or do yoga. Having "me time" to look forward to can make it easier to get out of bed.
- Stop hitting snooze. Staying asleep after your alarm may leave you feeling groggier.
- Link a new habit to something you already do automatically each morning. For instance, try a few yoga poses just after brushing your teeth.

Week 4

Unwind without technology before bed.

- Plug in your phone and other devices somewhere away from your bed.
- Read, listen to music or enjoy a podcast instead of scrolling late into the night. The blue light from your devices may interfere with your sleep cycle.
- Keep it simple: use a traditional alarm clock. Leave a pen and pad by your bed so a new idea doesn't send you reaching for your phone.

If you've tried everything and still struggle to sleep, a sleep disorder may be the cause. Speak with your doctor or another health care professional.

Find more ways to improve your sleep and health at heart.org/HealthyForGood.

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