

COUNT THOSE SHEEP, AND YOU'LL HAVE

HEALTHY SLEEP

Keep a consistent sleep schedule.



Establish a relaxing bedtime routine.



Sleep at least 7 hours.



Avoid consuming caffeine & alcohol before bedtime.



Exercise regularly & maintain a healthy diet.



Avoid eating a large meal before bedtime.



Turn off electronic devices 30 minutes before bedtime.



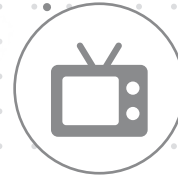
Don't go to bed unless you are sleepy.



Keep your bedroom at a comfortable, cool temperature.



Limit exposure to bright light in the evenings.



50-70 million adults in the U.S. have a sleep disorder.

Poor sleep increases a person's risk for a variety of chronic conditions including heart disease, diabetes, stroke, obesity, hypertension and depression. A lack of sleep can also contribute to productivity losses, and increased risk of injury in the workplace.