SLEEP WELL, STAY HEALTHY

Sleep is vital for general health, well-being, and immune function, yet can be challenging at these uncertain times.

SHORT SLEEPERS RISK VIRAL INFECTION

Short sleepers (those sleeping <6 hours at night) are **4 times more likely** to contract a cold or virus than those sleeping 7-8 hours at night.

7 SIMPLE STRATEGIES TO SLEEP WELL AND STAY HEALTHY

Practice these good sleep strategies to rest easy at these uncertain times.

1. KEEP A CONSISTENT SLEEP SCHEDULE

The same bed and wake time each day sets the body's "internal clock" to expect sleep at a certain time night after night. Try to stick as close as possible to your routine even on weekends.

2. CREATE A SLEEP-FRIENDLY BEDROOM

A quiet, dark, and cool (approximately 65 degrees Fahrenheit) can help promote sound slumber. Lower the volume of outside noise, use blackout curtains, or an eye mask to block light.

3. START A SOOTHING BEDTIME ROUTINE

Ease the transition from wake time to sleep time with a period of relaxing activities an hour or so before bed, such as reading or taking a warm shower.

4. MAKE TIME FOR EXERCISE

Regular exercise is helpful for sleep. Exercise stimulates the body to secrete the stress hormone cortisol, which helps activate the alerting mechanism in the brain. The right time for exercise is at least three hours before bed.

5. LIGHTEN-UP ON EVENING MEALS

Finish dinner several hours before bedtime and avoid foods that cause indigestion. If you get hungry at night, snack on foods that in your experience won't disturb your sleep, perhaps dairy foods and complex carbohydrates.

6. USE LIGHT TO YOUR ADVANTAGE

Natural light keeps your internal clock on a healthy sleep-wake cycle. Let in light in the morning, but avoid sources of light (computers, phones, etc) at least 60 min before bedtime.

7. LIMIT ALCOHOL AND CAFFEINE

Caffeine is a stimulant; avoid it at least 6-8 hours before bedtime. Alcohol may help you fall asleep, but it disrupts sleep after a few hours. Avoid using it within 3 hours of bedtime.