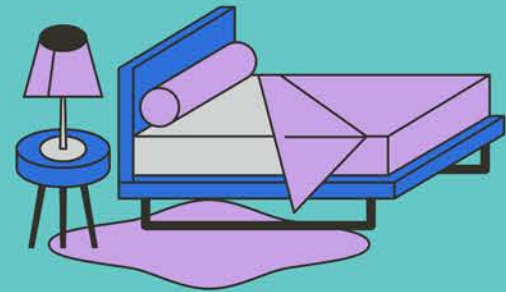


HOW TO GET A GOOD NIGHT'S SLEEP CHECKLIST



FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP GET YOUR ENVIRONMENT READY FOR SLEEP.

SLEEP ENVIRONMENT



Making a restful sleep space is important when trying to get a good night's sleep.

Temperature, noise, lighting, comfort, and safety can all play a big role in how well you sleep.

LIMIT SCREEN TIME

Screens are a major part of our lives. But let's find balance:



- ✓ Turn off all screens one hour before bedtime.
- ✓ Avoid having screens in your sleep space.

HAVE A ROUTINE

Make sleep a priority:

- ✓ Go to bed and wake up at the same time everyday.
- ✓ Create a relaxing routine to help your body wind down.
- ✓ Avoid caffeine and big meals before bed.

MAKE A RESTFUL SLEEP SPACE



Follow these tips to prepare your sleep space:

- ✓ Dim the lights in the house one hour before bedtime.
- ✓ Keep the bedroom cool, quiet, and dark.
- ✓ Use the bed/sleep space for sleep only.

WANT MORE INFORMATION ABOUT SLEEP?



wechu.org

