

## SLEEP WELL INITIATIVE

# BETTER SLEEP

### 1. PHYSICAL ACTIVITY – being physically active helps promote restful sleep

Tip: try not to do a super hard workout within 3 hours of your bedtime. It can raise your core body temperature and make it harder to fall asleep. However, calming movements like yoga could help you sleep.



### 2. SUBSTANCES – nicotine and alcohol disturb sleep patterns. Try not to drink caffeine within 6 hours of sleeping.

Fact: research on cannabis and sleep in its infancy and results are mixed.

### 3. LIGHT – exposure to light/dark cycle affects your sleep cycles

Tip: increase natural light in the morning to help wake up. Limit screen time before bed as blue light tricks your brain into thinking its daytime.



### 4. ROUTINE – calm your mind for rest by creating a routine that helps prime you to fall asleep

Ideas: try meditating, journaling, reading for pleasure, doing some deep breathing, praying – try a few and see what works for you.