



7 WAYS TO CATCH YOUR ZZZ'S

Sleep isn't a luxury — it's a necessity.

Even so, about **40% of people get less than their recommended amount of sleep every night.**¹ This can lead to a variety of health issues — high stress, poor concentration, and increased risk of heart disease and cancer.

HERE ARE SEVEN WAYS YOU CAN GET MORE REST:

1. TRACK YOUR SLEEP

Document your sleep (with a journal, app or tracking device) for seven consecutive days to reveal patterns that'll help you make changes for a better snooze. Note what time you went to bed, when you fell asleep, how many times you woke up and when you got out of bed.

2. START WALKING

A 30-minute walk in the morning helps regulate the body clock and releases mood-boosting serotonin. Start a morning walking group, and schedule walking meetings. Stay active during your breaks even if the sun's down.

3. CREATE A SLEEP SANCTUARY

Seemingly little things affect how well you sleep. So adjust the temperature (above 54°F, but below 75°F). Invest in a comfortable mattress, pillow and bedding. And keep your room dark and quiet — with the help of an eye mask and earplugs if you need them.

4. STICK TO A SCHEDULE

The best way to get good sleep is to hit the hay and wake up at the same hour every day (even on weekends).

5. JOURNAL YOUR DAILY WORRIES

To quiet your mind at night, take 10-15 minutes to jot down any concerns. Freeing your mind before bed will relax you and improve the quality of your sleep.

6. TURN OFF YOUR TECHNOLOGY

The light from electronics interrupts our natural sleep rhythms and tricks our brains into a state of wakefulness. A few days a week, give your device a rest so you can rest.

7. RELAX BEFORE BED

Dim the lights and let your body unwind for an hour before bed. Try reading a book, taking a hot bath, sipping decaffeinated herbal tea or doing gentle stretches.

¹Gallup, 2015