

When school or work routines change to include remote, at-home formats here are some helpful tips that can help you sleep better.



### Structure

Establish a regular routine and structure. Set times for sleep and wake. Keep or return to structured activities in your days, especially if your schedules changed over the summer.



### Light

Spend time in natural light. Whether outdoors or inside, bright daylight helps you feel alert. Avoid napping except for young children.



### Electronics

Limit use of electronics before bed. Turn off electronics an hour before bed and keep the room dark, cool, comfortable, and ready for sleep.



### Exercise

Exercise regularly. Physical activity increases your drive to sleep at night as well as reduces stress and improves mood.



### Prioritize

Prioritize your sleep by reinforcing the benefits of sleep for your family. Model good sleep habits to help children understand the importance of sleep.

Working remotely and learning from home can present unique challenges and opportunities for promoting healthy sleep.

Making sleep a priority can have a positive impact on your family's overall health and well-being.