

## 6 SMALL STEPS

Practice these daily tips for better sleep.

# Be your Best Slept Self<sup>®</sup>



### Daytime Tips



#### 1. Light

Spend time in bright light during the day, natural light or equivalent brightness.



#### 2. Exercise

Exercise regularly for sleep. Aim for 30 minutes a day, 5 days a week.



#### 3. Mealtimes

Eat your meals at consistent times day after day.

### Evening Tips



#### 4. Avoid...

Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.



#### 5. Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7-9 hours for most adults, with same sleep and wake times.)



#### 6. Environment

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.