

Wellness Tidbits

March 1-8 is National Sleep Awareness Week



TIPS & TRICKS TO SLEEP LIKE A BABY



Increase Bright Light Exposure During the Day

This helps to keep your circadian rhythms healthy and improve sleep quality and duration.



Strive For Consistency

Establish a regular bedtime routine, which includes consistent sleep/wake times.



Reduce Blue Light Exposure In The Evening

Blue light emitted by electronic devices, has been known to reduce hormones such as melatonin.



Avoid Alcohol Before Bed

Alcohol can disrupt sleep patterns and reduces melatonin production.



Increase Bright Light Exposure During the Day

Caffeine stimulates the nervous system and can hinder the body from relaxing at night.



Create an Optimal Sleep Environment

Set your ideal sleeping temperature (~70°F) and eliminate external light and noises from your bedroom.

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the tips above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Which tip(s) above do you plan to try this week?

**ANSWER FITBIT®
CHALLENGE HERE!**



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