

# SLEEP RIGHT, SLEEP TIGHT



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## GETTING YOUR SHUT-EYE

Now that you know the importance of a good night's sleep — for both physical and mental well-being — here's a list of tips for establishing healthy sleep habits.

### SLEEP RIGHT, SLEEP TIGHT!

- Get a bedtime that is early enough for you to get at least 8 hours of sleep for 7 hours for teenagers.
- Establish a relaxing bedtime routine.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright light in the evening.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime.
- Avoid stimulating caffeine in the afternoon or evening.
- Engage in physical activity every day.
- Limit afternoon naps to 30 minutes or less and avoid naps after 4:00 p.m.
- Use yourself time to relax and unwind before going to bed.
- Get some bright light in the morning when you wake up.
- Look to your sleep schedule as closely as you can at weekends.

Choose two or three tips you do **not** currently follow, and then write about how you can change your sleep habits for the better by incorporating those tips into your bedtime routine.

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Now add at least one healthy sleep habit that is unique to you. For example, maybe you like to listen to white noise or a constant background noise that distracts you from other sounds, to help you fall asleep, or maybe you use a fan that blows right out you, so the light gives you your breeze.

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Take Home Sleep Tip with your family watch the video below, and learn to "Sleep!" at [goabout.com/watch/10015/10015A15](http://goabout.com/watch/10015/10015A15)

We'll send a tip to help everyone get a better night's sleep.

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# Sleep Right Sleep Tight

**Ethan D. Anderson**



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