



# SLEEP HACKS FOR BETTER HEALTH



## ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



## KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



## KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



## REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



## EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



## CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

# Fall Boots Sleep Hacks This Month

**ML Morrison**



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