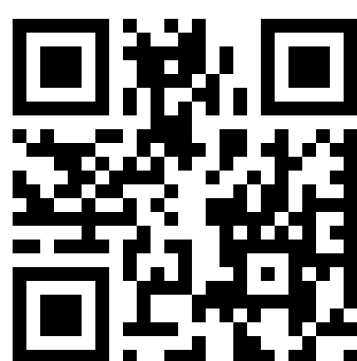INCREASE YOUR ENERGY AND FOCUS

How to Improve Your Sleep

Good sleep hygiene can improve quality of sleep, leading to better mental health and increased energy and focus.

Source: https://www.cdc.gov/sleep/about_sleep/index.html

01
Keep a consistent sleep schedule – wake up at the same time everyday

02
Don't go to bed unless you are sleepy

03
Make sure your bedroom is quiet, relaxing, and dark

04
Remove electronic devices from the bedroom

05
Avoid caffeine, alcohol, and large meals before bedtime

06
Exercise during the day to make falling asleep easier

www.mededmaterials.org