

INCREASE YOUR
ENERGY AND
FOCUS

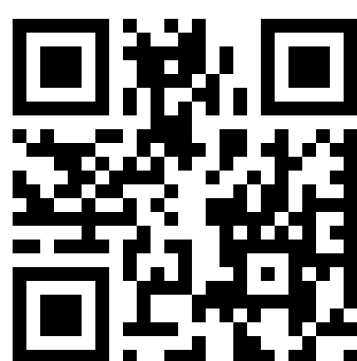
How to Improve Your Sleep

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

Disclaimer: Med Ed Materials, 2021. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



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
