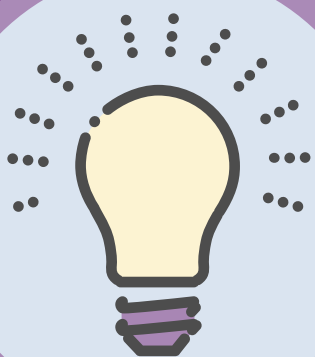


Natural Ways to Improve Sleep



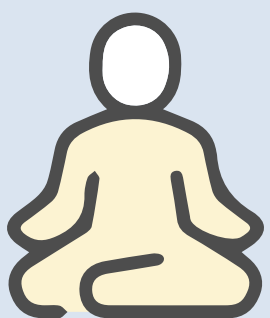
READ A BOOK

Quiet mental chatter by getting into a good book to slow down your brain and prepare for a good night's sleep.



TURN OFF THE LIGHTS

When you turn off the lights in your room, you will put your mind in the right headspace and alert your body it's time for bed.



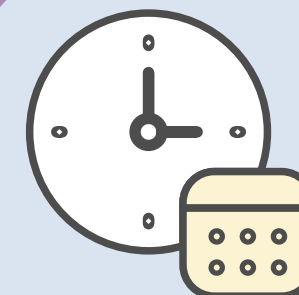
MEDITATE

Guided meditation and deep breathing will help you drift off to sleep.



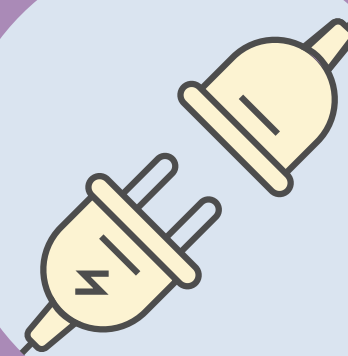
GET A MASSAGE

Massage can help you relax, relieve aches and pains, and stimulate sleep hormones.



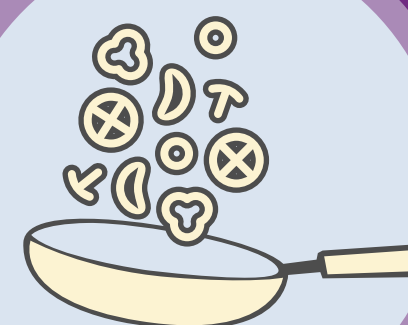
KEEP TO A SCHEDULE

Sleeping on a regular schedule can help increase your energy, mood, and lower your risk of health conditions including heart disease, high blood pressure, dementia, and obesity.



UNPLUG

Put away your phones, tablets, computers; and turn off your TV at least one hour before going to bed.



MAKE HEALTHY FOOD DECISIONS

Avoid foods high in sugar and caffeine before bed.

