



5 Tips for Better Sleep

Quality sleep is linked to almost every area of health. And yet, many of us still struggle to get the rest we need.

Try these 5 tips to help you sleep better at night:

- 1. Nap with caution.** Late-afternoon napping can prevent you from falling asleep or staying asleep through the night. If you feel the need to nap, keep it to less than 30 minutes and no later than 5:00 p.m.
- 2. Create a restful environment.** Make the room a sleep-inducing environment that is dark, quiet, and comfortably cool.
- 3. Get into a routine.** Having a bedtime routine helps set your internal clock. Have a consistent routine the hour before going to bed to help the body relax through activities.
- 4. Don't watch the clock.** Staring at the clock when you're trying to sleep actually stimulates the brain, which can make it more difficult to fall asleep.
- 5. Use natural light.** Natural light is a great way to help set and balance your internal clock.

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