



YMCA HEALTHY HABITS

SLEEP WELL



#YMCA

#HealthyHabits

#Sleep



indymca.org/healthyhabits



HEALTHY HABIT TIPS: SLEEP WELL

- Stick to a bedtime and wake up schedule, even on weekends.
- Exercising during the day will help you sleep better at night.
- Electronic light is stimulating, not relaxing. Keep TV, phones and computers out of the bedroom. And turn off those devices at least an hour before bedtime.
- Design your perfect sleep environment. The room should be cool – between 60-67 degrees, and free from any disruptive light and noise. Consider using ear plugs, eye shades, blackout curtains, “white noise” machines, humidifiers, or fans.
- Invest in a comfortable and supportive pillow and mattress.

