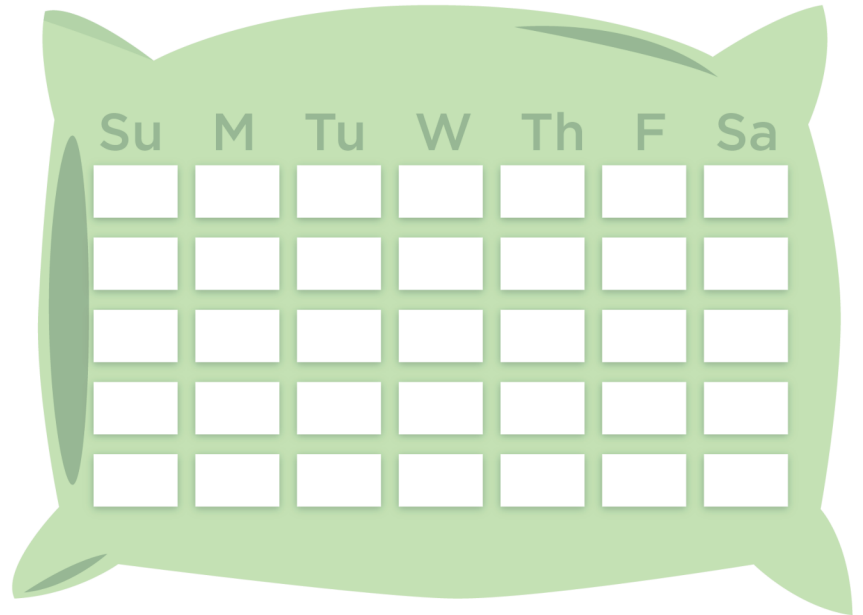


REST FOR SUCCESS

Intro: When it comes to sleep hygiene, the amount of sleep you get is not the whole picture. There are many things that you can do from sunrise to sunset that will help improve your quality of sleep. When you rest for success, you can improve mood and brain function, as well as strengthen your immune system and metabolism!

Over the next 30 days, your goal is to get 7-8 hours of sleep at bed time. Use the calendar to keep track of your daily sleep.



In addition to prioritizing your sleep, complete at least 2 activities per category to build your ultimate sleep routine!

Sleep Schedule

- Have a consistent wake-up time
- Have a consistent bed time
- Keep wake-up and bed time on weekends
- Limit naps to 20 minutes or less

Nightly Routine

- Unplug from electronics 30 minutes before bed
- No alcohol, nicotine, or caffeine 30 minutes before bed
- Dim the lights in your house 30 minutes before bed
- Do a relaxing non-screen activity 30 minutes before bed

Sleep Environment

- Replace your mattress
- Replace your pillows
- Set thermostat between 60-70 degrees
- Use room darkening curtains or eye mask

Healthy Daily Habits

- No screens in bed
- Move your body 30 minutes a day
- Get outside 15 minutes a day
- Make an attempt to quit tobacco



Did you know EFR has an app that includes guided relaxations that can help you unwind before bed?



DOWNLOAD OUR APP TODAY!