

HealthReach Community Health Centers

Celebrate National Sleep Awareness Week! *March 11-17*

Getting 7-9 hours of sleep every night is important for your health. Sleeping allows your body and mind to rest and restore, so you can be at your best the next day!

How can you get more restful sleep?

Stick to a bedtime routine...

- Go to sleep and wake up at the same time every day.
- Turn off TV, phones, and other screens at least one hour before going to bed.



Choose late night snacks wisely...

- Avoid drinking alcoholic or caffeinated beverages before bed.
- Choose a light snack instead of a large meal right before bed.

Assess your bedroom environment...

- Keep your bedroom at a cooler temperature.
- Try washing your sheets and pillowcases once a week to keep them smelling fresh.



Resources: <https://mainehealth.org/lets-go/adult-program/individuals>
<https://sleepfoundation.org/bedroom/>
<https://medlineplus.gov/magazine/issues/summer12/articles/summer12pg17.html>