

# Sleep Awareness Week

## March 6 - 13, 2016

### Day 7

Sleep is important for everything – “**Remember to account for Daylight Saving Time!** Spring forward towards better sleep!”

### Day 1

**Start the week by making time for the sleep your mind and body needs.** Most adults need 7 to 9 hours to function properly.

### Day 6

#### Put your troubles aside and drift away.

Keep a piece of paper next to your bed and write down any worries of the day before putting your head down to sleep. You'll sleep better!

### Day 2

**Leave a couple of hours between eating and going to bed.** It will help you reap the maximum benefits of a good night's sleep.

**#7DAYS4BETTERSLEEP**

### Day 5

#### Create a bedtime ritual.

Make deep breathing, stretches and other relaxing exercises part of your pre-sleep ritual, to wind down and help get your mind ready for sleep.

### Day 3

#### Power down to recharge!

Blue light from screens can disrupt your circadian rhythm and affect your ability to sleep. Turn off your mobile devices before you head to bed!

### Day 4

**Make your bedroom all about sleep!** A comfortable mattress, pillow, and bedding will help you get a good night's sleep. Keep your room dark and use cool paint colors for the walls.