

# Sleep Awareness Week

March 6 - 13, 2016

#7DAYS4BETTERSLEEP



## 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 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.



## 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.



## 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 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 7

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

For more information, visit [Sleepfoundation.org/SAW](http://Sleepfoundation.org/SAW).  
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