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-slumber 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. Follow us on Twitter and Facebook #7Days4BetterSleep