Sleep Awareness Week is finally here! Are you ready to #SleepBetterFeelBetter? Check out our motion graphics video to start!

Are you tired of feeling like you don't get enough sleep? Learn how to train yourself to go to bed earlier! #SleepBetterFeelBetter. https://sleep.org/articles/train-go-sleep-earlier/

Have a lot on your mind? Mediation may be the right fit for you. https://sleep.org/articles/how-to-meditate-before-bed/

Have you noticed any changes with your sleep so far? If not, watch our motion graphics video for inspiration! #SleepBetterFeelBetter

Traveling out of the country is always exciting, but time zones can affect your sleep. Get some tips on how to #SleepBetterFeelBetter while you’re away from home! https://sleepfoundation.org/sleep-topics/sleep-better-when-switching-time-zones

We are officially halfway through Sleep Awareness Week! Have you checked out our motion graphics video yet? #SleepBetterFeelBetter

Good sleep is good health. Make sure to visit sleepfoundation.org for more information! #SleepBetterFeelBetter

Sleep Awareness Week is almost over, have you watched our motion graphics video yet? #SleepBetterFeelBetter

What time of day do you workout? Find out how this can affect the way you sleep! #SleepBetterFeelBetter https://sleepfoundation.org/sleep-topics/best-time-exercise-quality-zzzzs

It is the end of Sleep Awareness Week, don’t forget to check out sleepfoundation.org to continue the journey. #SleepBetterFeelBetter

FACEBOOK

1. Sleep Awareness Week is finally here! Are you ready to #SleepBetterFeelBetter? Check out our motion graphics video to start!
2. Are you tired of feeling like you don't get enough sleep? Learn how to train yourself to go to bed earlier! #SleepBetterFeelBetter. https://sleep.org/articles/train-go-sleep-earlier/
3. Have a lot on your mind? Mediation may be the right fit for you. https://sleep.org/articles/how-to-meditate-before-bed/
4. Have you noticed any changes with your sleep so far? If not, watch our motion graphics video for inspiration! #SleepBetterFeelBetter
5. Traveling out of the country is always exciting, but time zones can affect your sleep. Get some tips on how to #SleepBetterFeelBetter while you’re away from home! https://sleepfoundation.org/sleep-topics/sleep-better-when-switching-time-zones
6. We are officially halfway through Sleep Awareness Week! Have you checked out our motion graphics video yet? #SleepBetterFeelBetter
7. Good sleep is good health. Make sure to visit sleepfoundation.org for more information! #SleepBetterFeelBetter
8. Sleep Awareness Week is almost over, have you watched our motion graphics video yet? #SleepBetterFeelBetter
9. What time of day do you workout? Find out how this can affect the way you sleep! #SleepBetterFeelBetter https://sleepfoundation.org/sleep-topics/best-time-exercise-quality-zzzzs
10. It is the end of Sleep Awareness Week, don’t forget to check out sleepfoundation.org to continue the journey. #SleepBetterFeelBetter

TWITTER

1. Today we start Sleep Awareness Week! Watch our motion graphics video! #SleepBetterFeelBetter
2. Can’t go to bed at the time you want? Find out how to get back on track with your #sleep schedule! https://sleep.org/articles/say-goodbye-sleep-debt/ #SleepBetterFeelBetter
3. Are you always dreading waking up early? Check out some tips to help you feel more energized in the morning! #SleepBetterFeelBetter https://sleep.org/articles/6-caffeine-free-ways-to-feel-refreshed/
4. Don’t forget to check out our motion graphics video! #SleepBetterFeelBetter
5. Do you always feel jet-lagged when traveling? Find out how to gain back your sleep! https://sleepfoundation.org/sleep-topics/jet-lag-and-sleep #SleepBetterFeelBetter
6. We are officially halfway through Sleep Awareness Week! Don’t forget to check out our motion graphics video. #SleepBetterFeelBetter
7. How important is sleep health? Don’t forget to visit sleepfoundation.org to find out more! #SleepBetterFeelBetter
8. Sleep Awareness Week is almost over, have you watched our motion graphics video yet? #SleepBetterFeelBetter
9. Coffee isn’t the only drink that can keep you up at night. See how soda impacts your sleep—and how to fix that. https://sleepfoundation.org/sleep-topics/why-soda-impacts-your-zzzzs
10. Sleep Awareness Week is officially over, but are you willing to continue the trend? Visit sleepfoundation.org! #SleepBetterFeelBetter

INSTAGRAM

1. We are ready to kick off Sleep Awareness Week! Be ready to #SleepBetterFeelBetter and don’t forget to check out the motion graphics video—the link in our bio!
2. Starting your bedtime rituals an hour before you want to go to bed can help your body anticipate sleeping at an earlier time! #SleepBetterFeelBetter
3. Are you feeling sleepy? Quick naps during the day can give you a boost of energy to power you through the afternoon. #SleepBetterFeelBetter
4. Have you checked out the motion graphics video yet? Click on the link in our bio to watch it! #SleepBetterFeelBetter
5. Don’t get enough rest when you travel? Don’t forget to change your watch and phone to the correct time zone of your destination before you board the plane! #SleepBetterFeelBetter
6. We are halfway through #SleepAwarenessWeek! Don’t forget to watch the motion graphics video—the link is in our bio! #SleepBetterFeelBetter
7. How important is sleep? Make sure to visit sleepfoundation.org for more information! #SleepBetterFeelBetter
8. Sleep Awareness Week is almost over, have you watched our motion graphics video yet? Click the link in our bio! #SleepBetterFeelBetter
9. Can’t sleep in a noisy environment? Playing classical music or downloading a white noise app can help drown out the sounds around you. #SleepBetterFeelBetter
10. It is the end of Sleep Awareness Week, don’t forget to check out sleepfoundation.org to continue the journey. #SleepBetterFeelBetter

Learn more at sleepfoundation.org/SAW

FOLLOW US: 📞 Facebook 📤 Twitter 📸 Instagram