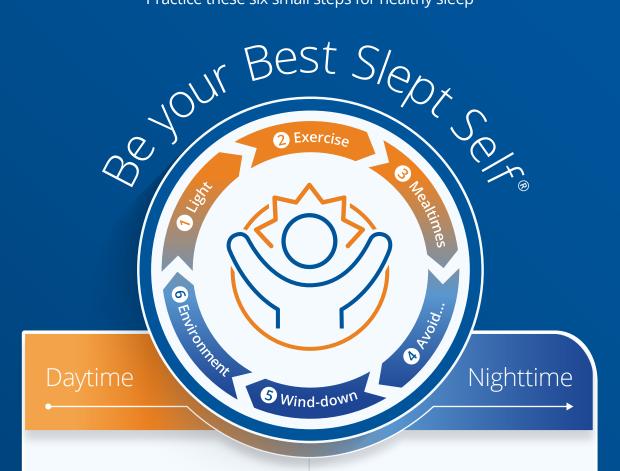
Practice these six small steps for healthy sleep





1. Light

Spend time in bright light during the day, natural light or equivalent brightness.



2. Exercise

Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.



3. Mealtimes

Eat your meals at consistent times day after day.



4. Avoid...

Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.



5. Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7–9 hours for most adults, with same sleep and wake times.)



6. Environment

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

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