



# TIPS FOR BETTER SLEEP

## 1. Wake up at the same time every day—even on the weekends.

This helps your body naturally get into a rhythm of consistent sleep.

## 2. Prioritize your sleep.

Just like people prioritize getting exercise and eating well, getting enough sleep is just as important!

## 3. Make changes slowly.

You don't want to throw your body out of whack. Instead, make small changes and over time your body will adjust.

## 4. Don't go overboard with naps.

They are helpful to increase energy during the day but can disrupt your sleep at night. Aim to take short power naps in the early afternoon.



Remember sleep is important and building a new sleeping pattern is possible but it may take time to determine what works best for you. Give yourself grace during the process!

  
**dreams**

