

*“How to” Health Tips***How to Get a Better Night’s Sleep**

Physical activity and healthy eating are not the only keys to preventing chronic diseases—sleep is also a major priority. If you’re not getting enough sleep, your major organs (like your heart and your pancreas) are not getting enough rest. When your major organs are chronically tired, they will start to malfunction. And this gets worse with stress because sleep helps control your stress hormones.



Keep to a regular sleep schedule.



Create a relaxing bedtime ritual.



Engage in daily physical activity.



Spend some time outside every day.



Avoid nicotine, caffeine, alcohol & large meals 3+ hours before bedtime.



Nap early or not at all.



Get the TV, smartphone and laptop out of the bedroom.



Sleep in a dark & cool room.



De-clutter your bedroom.



If you can’t fall asleep, leave the bedroom to reduce anxiety.

**Proper sleep helps prevent:**

- Heart disease
- Chronic hypertension
- Weight gain
- Diabetes
- Colds, flu and other viruses
- Premature aging
- Impaired memory
- Accidents
- Stress & symptoms of depression



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