Join us for the Healthy For Good

SNOOZE FEST

Feeling zombiefied before you even leave the house? You're not alone - it turns out 1 in 7 Americans don't get the recommended 7-9 hours of sleep each night – and that takes a toll on the body. So we're challenging you to make some little changes in your sleep habits that could make a big difference in your overall health.

WEEK 1

Try This:
Add some stress-relieving exercise to each day. Walking counts!

Helpful Hints:

- Stress can keep you from getting enough sleep
- Exercise can relieve stress and help you sleep well at night
- So can mindfulness, meditation and deep, diaphragmatic breathing
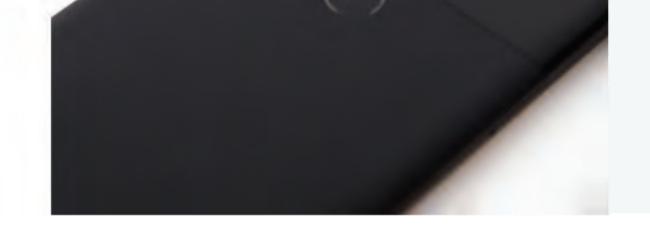- 7-9 hours is considered "enough" sleep for most adults

WEEK 2

Try This:
Plug your phone and other electronic devices in *away* from your bed.

Helpful Hints:

- Scrolling and staying connected late at night could be sabotaging your sleep cycle
- Choosing to get enough sleep at night over getting more work done could help you be more productive
- Bright, blue screens may inhibit melatonin production – keeping you awake longer

WEEK 3

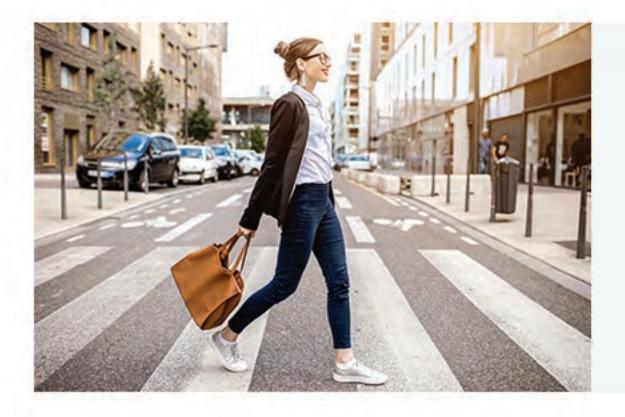**Try This:**
Set a bedtime alarm for each person in the family.

Helpful Hints:

- Going to bed and waking up at a consistent time can help you sleep better
- To set your bed time, figure out your ideal wake time and count backwards from there
- A nightly routine with time to wind down could help you stick to your bedtime
- If you've tried everything and still can't sleep well, you may have a sleep disorder – talk to your doctor to find out what to do

WEEK 4

Try This:
Start your morning with a healthy habit, like a walk around the block or a moment of gratitude.

Helpful Hints:

- Adding a positive activity to your morning routine could make it easier to get up if you're a late snoozer
- Sleeping past your alarm can make you groggier in the morning
- Habit chaining may help establish new habits, like doing a few push-ups right after you brush your teeth

WEEK 5

Try This:
Add a 20-minute power nap to your afternoon.

Helpful Hints:

- An afternoon nap can help you re-energize and power through the rest of the day
- "Catching up on sleep" is a myth – sleeping in on the weekend may be sabotaging your weekday sleep cycle
- It may take a few weeks to get used to your new sleep cycle, so stick with a consistent bedtime and take naps when you need to

Try these snooze-worthy tips and tricks out, and for more info on improving your health, join the movement at heart.org/BeWell.