

HAVING TROUBLE SLEEPING?

TRY THESE TIPS



- ✓ Use a t-shirt to cover up LED's around your room, a sleeping mask also works!
- ✓ Leave your bed and do a relaxing activity in low light like reading a book for 20 minutes before trying again.
- ✓ Open a window or go outside first thing in the morning to help your body set a natural sleep cycle.
- ✓ Set your room temperature between 65 and 68 degrees or open a window to cool your room before bed.

Is your sleep accompanied by other problems or mental health concerns?

Scan the QR code for more information.

Reach out, get connected!

Text EASA to 61222



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