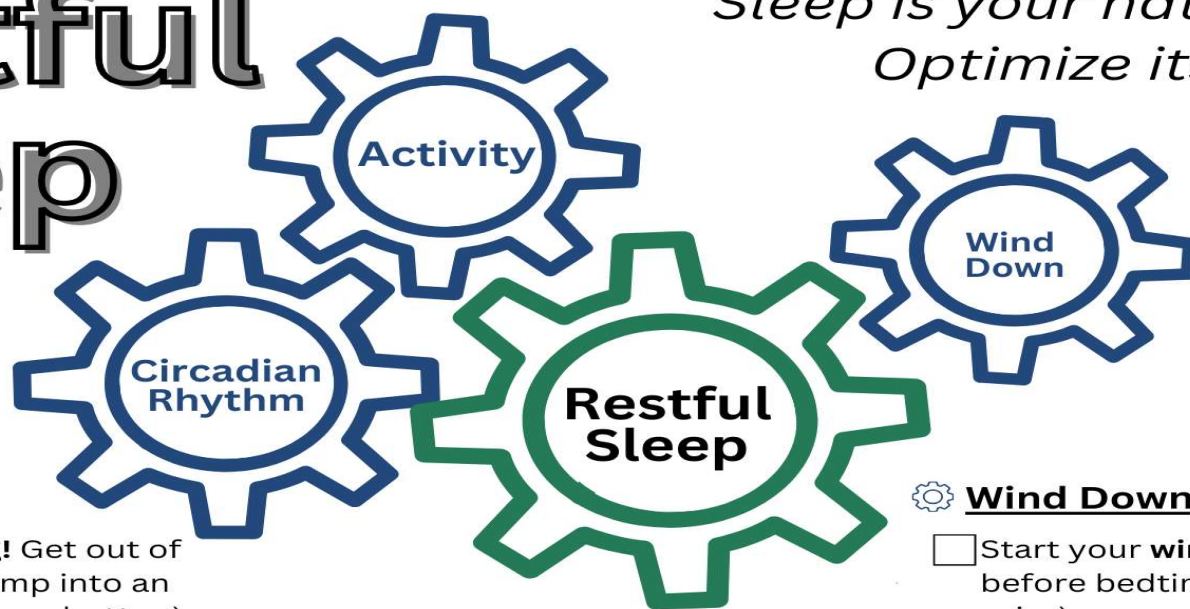


Restful Sleep

*Sleep is your natural medicine.
Optimize its impact.*



Activity

- ☐ **Start your day strong!** Get out of bed right away and jump into an activity (Lose the snooze button)
- ☐ **Movement:** Participate in at least one activity daily that increases your heart rate to 120bpm for a minimum of five 5 minutes
- ☐ **Skip the nap** If you need to nap, keep it under 20 minutes and before 4 p.m. Stay active all day.
- ☐ **Bed is only for sleep** or sexual activity

Circadian Rhythm

- ☐ **Set a sleep window!** Wake up at the same time every day; keep bedtime within a set window
- ☐ Talk with your doctor about how to **manage light and dark exposure**
- ☐ Use meals to **anchor your body's schedule** - earlier meal for earlier sleep, later meals for later sleep

Wind Down

- ☐ Start your **wind down routine** two hours before bedtime (or at least 30 minutes prior)
- ☐ Reduce/**eliminate screen time**
- ☐ Keep your bedroom **quiet, dark, cool & relaxing** (60-67°), using earplugs or white noise if needed
- ☐ **Timing of medication** matters; discuss best timing with your provider
- ☐ THC, alcohol, caffeine, nicotine, supplements, drugs and other **substances can impact your sleep**