

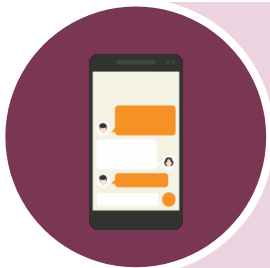
SLEEP SIMPLIFIED

What is “sleep hygiene”? We hear a lot of talk about “sleep hygiene”, but what exactly does this mean? Sleep hygiene is defined as habits and practices that are conducive to sleeping well on a regular basis. Follow these helpful tips to simplify your sleep!



Plan Ahead

Set an alarm twenty minutes before you plan on going to sleep. This will help you to get to bed at a reasonable and consistent time. Your body will thank you!



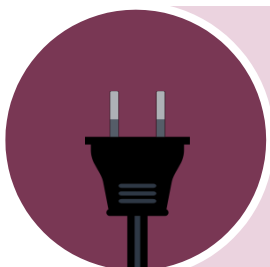
Digital Detox

Using electronics can delay the release of melatonin, the sleep-inducing hormone. The evening provides the opportunity to break free from technology and create time for a “digital detox.” Your sleep is priority, so put the phone down and walk away.



Come to the Dark Side

Make sure to dim your lights before you go to sleep. Perceived darkness sends a message to your pineal gland, which releases melatonin. Do yourself a favor and cross over to the dark side.



Empower Yourself and Take Charge!

It is a given that cell phones and laptops need to be recharged, but what about your body? Practice self-care, and rejuvenate both your body and your electronics at the same time! Unplug yourself from the high-tech world by plugging your devices into a room where your bed isn't and doze off into dreamland!

