





MARCH 1-8 IS NATIONAL SLEEP AWARENESS WEEK


Tips & Tricks To Sleep Like A Baby

 *Increase Bright Light Exposure During The Day*


This helps to keep your circadian rhythm healthy and improve sleep quality and duration.

 *Strive For Consistency*


Establish a regular bedtime routine, which includes consistent sleep/wake times.

 *Reduce Blue Light Exposure In The Evening*

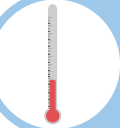
Blue light, typically emitted by electronic devices, has been known to reduce hormones such as melatonin.

 *Avoid Alcohol Before Bed*

Alcohol can disrupt sleep patterns and reduces melatonin production.

 *Avoid Consuming Caffeine Late In The Day*

Caffeine stimulates the nervous system and can hinder the body from relaxing at night.

 *Create An Optimal Sleeping Environment*

Set your ideal sleeping temperature (~70°F) and eliminate external light and noises from your bedroom.

Fitbit® Challenge Question

Which tip(s) above do you plan to try this week?

ANSWER HERE!



This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it. We welcome your comments, suggestions and input at well-connected@edwardsrisk.com. This Health & Safety Tip of the Week is provided by

