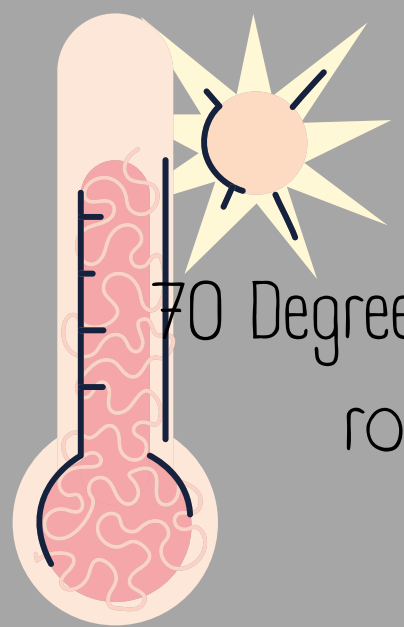


THINGS AFFECTING YOUR SLEEP:



Check your bed quality



70 Degrees is optimal for room temp



Diminish light + noise

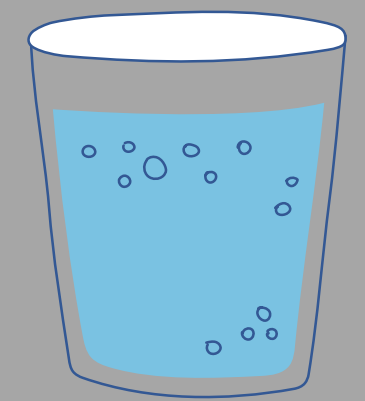
LET'S TALK SLEEP

THINGS TO IMPROVE SLEEP QUALITY:



Exercise 1-2 hrs before bed to increase core body temp

Avoid drinking liquids before bed



Avoid daytime naps --> can affect the sleep cycles

OTHER FACTORS TO CONSIDER:



Relax your mind through reading



Journal + Write down everyday life stressors

Consider the possibility of anxiety of other mental illnesses --> seek help when needed



Sources: Flausino, N. H., Da Silva Prado, J. M., de Queiroz, S. S., Tufik, S., & de Mello, M. T. (2012). Physical exercise performed before bedtime improves the sleep pattern of healthy young good sleepers. *Psychophysiology*, 49(2), 186-192.

Richards, K. C. (1998). Effect of a back massage and relaxation intervention on sleep in critically ill patients. *American Journal of Critical Care*, 7(4), 288.