

Healthy Sleep

EASY TIPS TO SLEEP BETTER and FEEL GOOD



Why is sleep important?

Good sleep helps your body and mind stay healthy.
Sleep keeps you happy and full of energy.



Sleep problems (called insomnia) can happen because of:
stress, working at night or in shifts, drinking alcohol, health problems like diabetes or sleep apnea



What happens if you don't sleep well?

You feel tired during the day.
You get annoyed easily.
It's hard to focus and think clearly.



Not sleeping well for a long time can cause health problems like:
heart disease, diabetes and weight problems, depression (feeling very sad), Alzheimer's disease (memory loss)



Tips for better sleep:

- Go to bed and wake up at the same time every day.
- Make your bedroom quiet, dark, and comfortable.
- Avoid coffee, tea, or energy drinks before bed.
- Eat a small, light dinner.
- Do light exercise but not too close to bedtime.
- Turn off phones, tablets, and TVs before bed (blue light is bad for sleep).
- Don't look at the clock when falling asleep.

