

GETTING A GOOD NIGHT'S SLEEP

Go to bed and get up at the same time every day.

A predictable schedule sets your body's "internal clock" to expect to sleep at a certain time each night.



Create a sleep routine.

Ease the transition to sleep with relaxing activities beginning an hour or so before bedtime. Take a bath. Do some light reading. Also be sure your bedroom is cool, dark, and quiet.



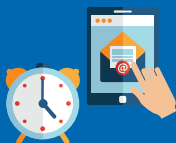
Limit food and drink that may keep you awake.

Limit caffeine, alcohol, and nicotine when it's close to bedtime. Avoid all caffeine 4 to 6 hours before you want to fall asleep.



Deal with stressful tasks earlier in the day or evening.

It may be harder to relax and go to sleep if you do demanding tasks like paying bills just before bedtime.



Limit electronics at bedtime.

Electronics like computer screens, smartphones, and tablets emit blue light, which has been found to disrupt sleep. Have a last check-in or look. Then turn your devices off and don't bring them to bed.



LifeWorks

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These tips were adapted from the LifeWorks article *Ten Tips for Getting a Good Night's Sleep*.

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