

A Treasured Night's Sleep



The perfect night's sleep can be elusive. No matter how many times you find one you are always on the hunt for the next.

Seasons of sleeping well can come and go with stress, phases of life, hormonal fluctuations and more. Keep these strategies in your back pocket for the times you need some guidance to find a treasured night's sleep.



Exercise—finish exercising at least 2-3 hours before bedtime



Routines—keep a set bedtime and goal of 7-8 hours



Electronics—cut off electronics two hours before bedtime



Caffeine—drink less caffeine for better sleep



Room temperature—keep the room cool to facilitate deeper sleep



Pillows—using a newer pillow can provide support and a better night's sleep

A Treasured Night's Sleep



The perfect night's sleep can be elusive. No matter how many times you find one you are always on the hunt for the next.

Seasons of sleeping well can come and go with stress, phases of life, hormonal fluctuations and more. Keep these strategies in your back pocket for the times you need some guidance to find a treasured night's sleep.



Exercise—finish exercising at least 2-3 hours before bedtime



Routines—keep a set bedtime and goal of 7-8 hours



Electronics—cut off electronics two hours before bedtime



Caffeine—drink less caffeine for better sleep



Room temperature—keep the room cool to facilitate deeper sleep



Pillows—using a newer pillow can provide support and a better night's sleep



Find more health and well-being information at wespath.org/center-for-health/resources/articles

Provided by Wespath Benefits and Investments' Center for Health

The Center for Health is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. The Center for Health's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.



Find more health and well-being information at wespath.org/center-for-health/resources/articles

Provided by Wespath Benefits and Investments' Center for Health

The Center for Health is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. The Center for Health's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.