



## Tips for getting good sleep

### Make sleep part of your schedule

Sleep is an important part of our overall health. For many of us, stress and worry can make it hard to sleep. You can help yourself by setting a schedule that will help you get as much good sleep as you can. Avoid naps. If you need to nap, keep it short. Limit yourself to 15 to 30 minutes early in the afternoon. Decide when you will go to bed and wake up. With schools closed, older kids may want to stay up and sleep later. Make sure your kids go to bed early enough to get the sleep they need. Once you've decided what bedtime is, stick to it. Even on the weekends.

### End your day with gentle relaxation

Being active can help fight cabin fever. It can add to your overall good health and help improve your energy and sleep. Just be mindful of when you're exercising. It raises your body temperature and heart rate. Which can make it harder to wind down for the day. Schedule your workouts for earlier in the day. Children need plenty of activity during the day too. If you're looking for something to help you relax at night, you can try gentle stretching exercises or yoga.

### Set yourself up for sleep success

Now that you've got a bedtime routine, what else can you do to boost your chance of a good night's sleep? Next stop, the bedroom! Create a cozy, dark space that's just meant for sleep. That may mean moving the radio or TV out of the bedroom. Try to leave your cellphones and tablets at the door. Light from electronic screens can interfere with good quality sleep. If you still have trouble falling asleep, try closing your eyes and picturing yourself in a peaceful, restful place. Or focus on the rhythm of your breathing. Sweet dreams!

**Get more sleep information.**  
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