

SLEEP

Impacts Your Health!

IF YOU ARE:

Lying awake at night,
unable to sleep

Lacking good sleep quality

Having trouble staying asleep, or
waking more than once per night

Inability to sleep the recommended
seven hours per night

Experience excessive fatigue during the day

THESE TIPS CAN IMPROVE YOUR SLEEP

Waking up and going to sleep at consistent times

Engaging in relaxing activities before bed like
reading, meditation, listening to calming music

Removing mobile devices from your bedroom

Avoiding blue light (TV or cellphones)
an hour before bedtime

Avoiding caffeine, energy drinks
and alcohol in the afternoon

Participating in regular exercise

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:

988 | SUICIDE & CRISIS
LIFELINE

<https://chat.988lifeline.org/>

CRISIS TEXT LINE

Text NATIVE to 741741

EAP 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.foh4you.com)

