

# SLEEP & Well-Being

Your physical and mental health  
depend on quality ZZZ's



**IMPROVED SLEEP QUALITY =**  
*Improved focus, concentration  
and performance.*



**MOOD BOOSTER**  
*Lack of sleep can lead to poor judgement,  
moodiness, irritability and depression.*



**LOOK AND FEEL HEALTHIER**  
*Sleep allows your body to repair itself. Lack of  
sleep can lead to a poor complexion, weight  
gain, lower immunity and increased risk for  
diabetes and heart disease.*



## Tips for Better Sleep

- **Stick to a sleep schedule to the extent it's possible.** This takes a bit of discipline on days when you don't have to wake up as early for work or activities. Try to go to bed and wake up around the same time every day, even on the weekends.
- **Clear your mind of the day's stress.** Take a few minutes to talk about the day. Or, try making lists to help clear your mind of all your to dos and worries.
- **Consider a mindfulness or meditation practice.** Deep breathing or relaxation exercises may help lull your body to sleep. [Access mindfulness and meditation videos.](#)
- **Get some exercise every day.** But not close to bedtime.
- **Go outside.** Try to get natural sunlight for at least 30 minutes every day.
- **Avoid nicotine and limit caffeine.** Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.
- **Avoid alcohol and large meals before bedtime.** Both can prevent deep, restorative sleep.
- **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.
- **Create a good sleeping environment.** Keep the temperature cool if possible. Get rid of sound and light distractions. Darkness is a cue for your body to sleep. Turn your alarm clock towards the wall.
- **Don't lie in bed awake.** If you can't fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.
- **See your healthcare provider** before you resort to using any kind of medication whether prescription or over-the-counter. Your doctor can determine if you need testing and discuss new ways to manage stress.



### Goodbye, doomscrolling.

Unplug when you're feeling the most stressed. Read, watch, or scroll when it helps you stay connected and up to date, but pay attention to when the anxious feelings creep in and adjust.

**Take care of your mental health and well-being. You don't have to do it alone.**

Your Perspectives Employee Assistance Program (EAP) provides support, counseling and resources to address the stressors that impact your health, in and out of the workplace.

call or text 800.456.6327

Source: The National Institutes of Health