



QUICK TIPS

5 Ways to Help You Get a Perfect Night's Sleep

For about 30% of adults, getting a good night's sleep is easier said than done.¹ Whether you're one of them or just want to brush up on the ABCs of getting good ZZZs, check out this guide to help you get your best night's sleep.



Exercise regularly. Working out promotes better rest, so long as it is not done right before bedtime. The National Sleep Foundation found that those who performed moderate to vigorous exercise daily typically got a better night's sleep.²



Keep a consistent routine. Going to sleep and waking up around the same time each day can help regulate your body's internal clock, and could result in better sleep.³ If you have a Fitbit sleep tracker, try setting a sleep goal and using the silent alarm to help you stay on track.



Power down. At least an hour before bed, set your smartphone aside and resist the urge to watch TV. Eliminating the blue light from electronics can help your brain calm down, ease anxiety or stress from the work day, and ultimately help you sleep better.⁴



Cut caffeine after 2pm. Consuming caffeine up to 6 hours prior to bedtime can put your beauty rest at risk.⁵ Try cutting out caffeine around 2 PM by replacing caffeinated beverages with water or decaffeinated tea.



Cool it down. It's easier to rest in a cooler environment than a warm one.⁶ So, for optimal sleep, keep the temperature of your bedroom between 60° and 67° F to help your body facilitate its natural cool-down process.

Want to enable your company to take steps toward better health?

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 2. National Sleep Foundation. (20 February 2013). 2013 Sleep In America Poll: Exercise and Sleep. <https://sleepfoundation.org/sites/default/files/RPT336%20Summary%20of%20Findings%202%2020%202013.pdf>
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 4. Harvard Medical School. (2 September 2015). Blue Light Has a Dark Side. <http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>
 5. Journal of Clinical Sleep Medicine. (2013). Caffeine effects on sleep taken 0, 3, or 6 hours before going to bed. <http://www.aasmnet.org/jcsm/ViewAbstract.aspx?pid=29198>
 6. Sleep.org. <https://sleep.org/articles/temperature-for-sleep/>