



## Improving Your Sleep Routine

Are you a restless sleeper or someone who frequently experiences insomnia? Poor sleep has a number of consequences, including a weakened immune system, difficulty with managing stress or maintaining mental health, and challenges with learning and processing information.

Here are some ways to improve both the quantity and quality of your sleep:

- **Be consistent.** Go to bed and wake up at the same time as often as your schedule allows. Aim for seven to nine hours of sleep whenever possible.
- **Cut back on caffeine, sugar, and alcohol.** All of these substances may interfere with your sleep patterns. Try these tips:
  - Stop drinking caffeine eight to ten hours before bed.
  - Minimize your sugar intake. Avoid eating in the two hours before bedtime.
  - Limit alcohol use to no more than one drink a day for women and two for men.
- **Exercise.** Physical activity will help with managing stress and increasing relaxation. Vigorous exercise should be done no more than four hours before you go to bed. If you feel tense or stiff, try stretching for 10 minutes.



- **Minimize screen time.** Put away your phone, tablet, or laptop one hour before bed. Avoid falling asleep in front of the TV.
- **Upgrade your sleep environment.** If your sleep environment is uncomfortable, consider investing in a new mattress, mattress topper, pillow, blackout curtains, blinds, or fan. Even small changes could improve your sleep.
- **Visit mylifematters.com.** Helpful online resources include:
  - Choose **Access Counseling** to schedule an appointment with a counselor for depression, anxiety, or any other concern that may be disrupting your sleep.
  - The **Discount Center\*** offers discounts in the areas of Sleep Health, Furniture & Appliances, and Health & Wellbeing.
  - Take the **MyWellbeing Profile** to evaluate your wellbeing and schedule an appointment with a coach.

If sleep is a struggle, LifeMatters can help. Call 24/7/365.

## 1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365  
[mylifematters.com](https://mylifematters.com) • Text\* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)  
Call collect to **262-574-2509** if outside of North America  
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