

# Take Charge of Your Health

## May Is Better Sleep Month

*How to improve the quality of your zzzzz's*

- **Don't Skimp on Sleep Time**

Sleep is one of the first things that people cut back on when they get too busy. Aim for 7 to 9 hours of sleep each night, depending on what feels best for you.

- **Keep it Regular**

Try to go to bed and wake up at or near the same time each day. Staying up and sleeping in late on weekends can disrupt your body's sleep-wake rhythm.

- **Wind Down Before Snoozing**

Reserve the hour before bedtime for quiet: avoid TV and other electronic screens, opt for relaxing stretches rather than strenuous exercise, and/or take a warm bath.

- **Watch Out for Daytime Activities**

Restrict your intake of caffeine and nicotine, which can interfere with sleep even if consumed in the afternoon.



did you  
know ?

Sleep apnea — brief interruptions of breathing during sleep — affects more than 18 million Americans. But only 1 in 10 receives treatment for this disorder.