

# 10 tips for better sleep

1

Get regular exercise



zzz



2

Reduce sugar and caffeine by afternoon



3

Avoid alcohol for at least 4 hours before bedtime



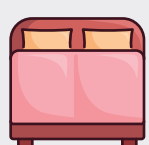
4

Create a sleep routine



5

Find a comfortable mattress and bedding



6

Keep bedroom quiet and dark



7

Power down electronic devices



8

Relax with meditation or hot bath



9

Try aromatherapy

10

Talk to your doctor about a sleep evaluation



## Poor sleep impacts mental health

### Get more information on how to get good ZZZs:

Access resources, including Sleep Fitness group support, coaching and more, including 5 free counseling sessions



Sleep Fitness Toolkit:

[sleepfitness.tools](https://sleepfitness.tools)



Sleep Resource Kit:

Login to your portal, type "sleep resource kit" into search and click on the tile



In-the-moment support  
24/7/365, even at 2 a.m.:

1-888-881-LINC (5462)



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[supportline.com](https://supportline.com)  
group code: **rrd**



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