

YOU DON'T LOSE WHEN YOU SNOOZE

Ways you can get on track with a healthy sleep schedule include:

- **Limiting** daytime naps to 20 minutes or less or avoiding them entirely
- **Refraining** from caffeine past noon or at least a few hours prior to bedtime
- **Spending** an hour before bed doing relaxing activities, such as reading, meditating, or taking a bath
- **Exercising** regularly, but not in the evening hours or close to bedtime
- **Avoid** using electronic devices right before bed
- **Reducing** alcohol intake

PROBLEM SLEEPING: Talk to your primary care provider. They can test for underlying health conditions that might be interfering with your sleep schedule



Lifestyle Medicine is an evidence-based approach to preventing, treating, and reversing diseases by replacing unhealthy behaviors with positive ones. To learn more, go to bellin.org/lifestyle-medicine, call **920.433.6787**, or e-mail LifestyleMedicineTeam@bellin.org.



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Aim for 7–9 hours of sleep every night.

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