



**BlueCross BlueShield of New Mexico**



**BlueResource<sup>SM</sup> – Healthy Lifestyle – Sleeping Is Good**

# Get Ready for a Good Night's Sleep

Leonardo da Vinci believed “a well spent day brings happy sleep.” If happy sleep eludes you, here are some ways to set yourself up for better slumber:

- Go to bed and wake up at the same time each day
- Avoid caffeinated drinks five hours before you sleep
- Exercise earlier in the day rather than later
- Keep laptops, TVs and phones out of the bedroom
- Set your bedroom temp on the cool side
- Invest in a comfortable, supportive mattress
- Take a warm shower or bath to unwind



**Good sleep habits will help you get the rest you need.**

**Sources:** *Sleep Hygiene Tips.* American Sleep Association. 2020.  
*Ten Motivational Quotes for Better Sleep.* Restonic. 2020.

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