

#SpringForward

Thinking about daylight saving time? Take a moment to read our helpful tips to help you get your sleep back on track!



ESTABLISH A SLEEP ROUTINE

Going to bed the same time every night and waking up the same time every morning will help your body feel rested. Ensure you get the recommended 7 to 9 hours of sleep each night.



BE CONSCIOUS OF EATING HABITS

Your daytime eating habits can affect how well you sleep at night. It is important to watch what you put in your body in the hours leading up to bedtime. Avoid heavy, rich foods, alcohol and fatty foods 2-3 hours before bed.



EXERCISE REGULARLY

Exercising consistently can also help you sleep more soundly. Being active every day for 30 minutes is helpful to improve sleeping patterns.



BE A SMART NAPPER

Nap early in the day and limit it to 30 minutes. Napping can increase alertness, improve your learning and working memory and heighten your senses and creativity, improving your overall health.



CUT DOWN ON CAFFEINE

Caffeine is a stimulant and can keep you awake 10 to 12 hours after drinking it. After lunch, cut back on your overall intake or consider avoiding caffeine altogether.

For more healthy tips, visit APMhealth.com

