



ADVANCED PAIN
MANAGEMENT

we know your pain

APMhealth.com | 888.901.PAIN

QUICK TIPS:

4 EFFORTLESS WAYS TO SLEEP MORE SOUNDLY

Sleep plays a vital role in your health and well being. Getting enough quality sleep at the right times can help protect your mental and physical health, safety and quality of life.

ESTABLISH A SLEEP ROUTINE

Going to bed at the same time every night and waking up the same time every morning will help your body feel rested.

Relax before bedtime by reading a book or listening to soft music to ensure you get the recommended 7 to 9 hours of sleep each night.

APMhealth.com

4 Effortless Ways to Sleep More Soundly



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 all together.

APMhealth.com

4 Effortless Ways to Sleep More Soundly

HEALTHY TIPS

Sleep reduces stress and boosts your memory.

Learn more at APMhealth.com



BE A SMART NAPPER

Make sure you are smart about napping! Naps after 2 pm can make insomnia worse. Nap early in the day and limit it to 30 minutes.

Napping can increase alertness, improve your learning and working memory, heighten your senses and creativity, thus improving your overall health.

APMhealth.com

4 Effortless Ways to Sleep More Soundly

HEALTHY TIPS

Napping improves
reaction time.

Learn more at
APMhealth.com



BE CONSCIOUS OF EATING HABITS & EXERCISE REGULARLY

Your daytime eating and exercise 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.

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

APMhealth.com

4 Effortless Ways to Sleep More Soundly



FOR MORE INFORMATION

If you would like more information about Advanced Pain Management please call

888-901-PAIN (7246)

or contact us directly using the “Contact Us” section of our web page on www.apmhealth.com.

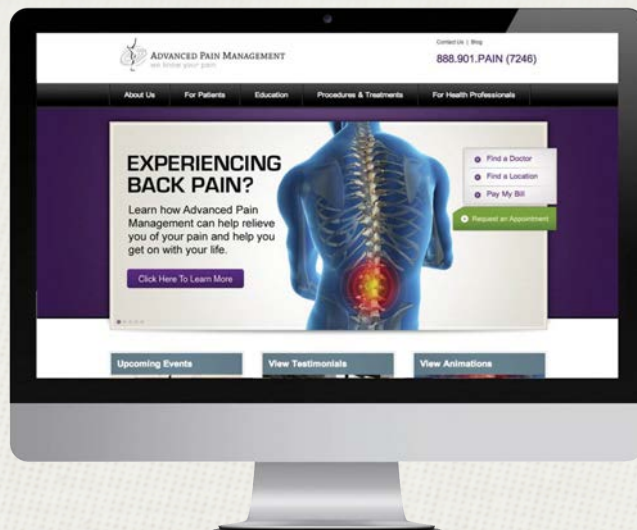
E-NEWSLETTER

To receive other eBooks and updates from Advanced Pain Management, visit our website and sign up for our eNewsletter today.

DISCLAIMER: This material is presented for informational and educational purposes only. This information does not constitute medical advice and is not intended to be a substitute for professional medical advice. You should always seek the advice of a physician or other qualified health care provider before beginning any

APMhealth.com

4 Effortless Ways to Sleep More Soundly



exercise program. If you experience any pain or difficulty with these exercises, stop and consult your health care provider. **ADVANCED PAIN MANAGEMENT MAKES NO WARRANTIES, EXPRESS OR IMPLIED, THAT THE INFORMATION CONTAINED IN THESE MATERIALS WILL MEET YOUR NEEDS.**