

# FALL ASLEEP FASTER, STAY ASLEEP LONGER

## SIMPLE STRATEGIES TO MAXIMIZE YOUR RECOVERY

**If you find you're not getting enough sleep to feel rested in the morning, you may be having trouble falling asleep. Use the strategies below to fall asleep faster and stay asleep longer.**

### LOWER YOUR THERMOSTAT

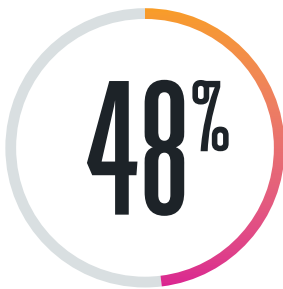
Drop your thermostat to between 65 and 72 degrees. This is the recommended range, but plan on experimenting to find what temperature helps you sleep best.

### REGULATE YOUR SLEEP TIME FRAME

Go to sleep and wake up at the same time each day. It'll help you create a routine and regulate your sleep patterns.

### SKIP YOUR NIGHTCAP

Drinking alcohol before bed can make it more difficult to fall and stay asleep. Plus, it impacts sleep cycles, which can cause you to wake up exhausted.



**Just 48% of Americans**  
get 7 or more hours of sleep on weekdays.

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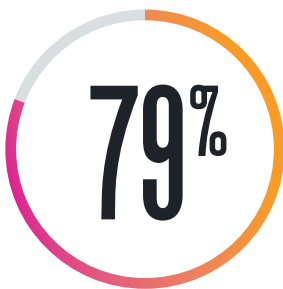
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### BREATHE YOURSELF TO SLEEP

Use a breathing technique to tame your heart rate, blood pressure, and stress levels. Inhale for 6 counts through your nose, hold for 3, and exhale for 6. Repeat this series 4 more times.

### BANISH ELECTRONICS FROM YOUR ROOM

Having electronics near you keeps your brain active and can affect sleep. Try using your bedroom strictly for sleeping to help your body and your brain calm down at night.



### 79% of Americans

would feel better and more prepared for the day with an extra hour of sleep.