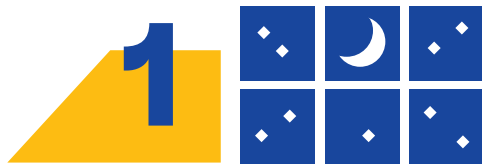


5 tips to help you

Fall asleep



Develop a sleep routine

Try to do the same thing every night before bed so that your body grows accustomed to a nightly routine. This will help your body recognize when it's time to start shutting down for sleep.



Set a “digital curfew”

Turn off bright screens 30 minutes to an hour before bed. Electronics keep your brain stimulated and contribute to delayed REM sleep, so shutting them down helps both the quantity and quality of sleep you will get.



3

Protect your sleep time

Mark down what time you want to go to bed and wake up in your calendar. This will increase accountability to make sure that you are truly going to bed at a set time in order to get enough sleep.



Clear your mind

Some people use the time when they are falling asleep to think of their errands or to plan their next day. Instead, try different breathing exercises or mindfulness methods to clear your thoughts. This will make it easier to deactivate your cognition and enter into a sleep state.



Avoid afternoon caffeine

When you're having an afternoon slump at work, it sometimes feels like a good idea to have that extra cup of coffee or tea. If possible, try to avoid this. Depending on how much you drink, that may be the culprit for keeping you up at night.

Depression or fatigue?

Sometimes, the symptoms of fatigue and depression can be confused. If you think you've been feeling more depressed lately, also check in with yourself to see how much sleep you're getting. There's a chance that if you start sleeping the recommended 7 to 9 hours, you may see some of those symptoms change or go away.

SYMPTOM	FATIGUE	DEPRESSION
Lack of motivation	■	■
Daytime drowsiness	■	■
Irritability	■	■
Slow response time	■	■
Difficulty concentrating	■	■
Low energy	■	■
Loss of Interest	■	■

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