

SLEEP

Impacts Your Health!

IF YOU ARE

Lying awake at night,
unable to sleep.

Lacking good sleep quality.

Having trouble staying asleep, or
waking more than once per night.

Inability to sleep the recommended
seven hours per night.

Experience excessive fatigue
during the day.

THESE TIPS CAN IMPROVE YOUR SLEEP

Waking up and going to sleep at consistent times.

Engaging in relaxing activities before bed like
reading, meditation, listening to calming music.

Removing mobile devices from your bedroom.

Avoiding blue light (TV or cellphones)
an hour before bedtime.

Avoiding caffeine, energy drinks
and alcohol in the afternoon.

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:



988 | SUICIDE & CRISIS
LIFELINE

<https://chat.988lifeline.org/>

CRISIS TEXT LINE

Text NATIVE to 741741

EAP24 HOURS A DAY

800-222-0364 | FOH4You.com