

SLEEP

According to the CDC, it is recommended that adults get at least 7 hours of sleep every day. Studies show that about 1 in 3 adults ages 18-24 are not getting enough sleep and this can lead to serious health consequences.

SLEEP CAN HELP:

- HEAL AND REPAIR YOUR HEART AND BLOOD VESSELS
- IMPROVE FOCUS AND MEMORY
- IMPROVE IMMUNITY
- INCREASE ENERGY

SOME WAYS TO IMPROVE YOUR SLEEP:

- AVOID ALL SCREENS 1 HOUR BEFORE BED
- AVOID CAFFEINE AFTER 12 PM
- BE CONSISTENT AND TRY TO SLEEP AT THE SAME TIME EVERY DAY
- TRY TO DESTRESS AND RELAX HOURS BEFORE BED
- AVOID LARGE MEALS RIGHT BEFORE YOU SLEEP

