

Sleep Awareness Week:

March 2- 9, 2017

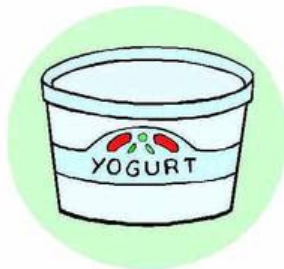
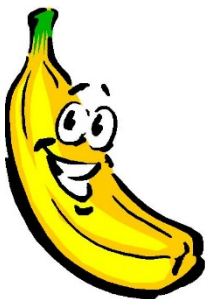


Keys to smart sleeping habits:



1. Sleep Hygiene: develop bedtime **habits/routines**. It tells your body that bedtime is soon.
2. Stay off of technology at least **30 minutes** before your desired bedtime. iPhones have a **nightshift** mode in the settings to adjust the screen from blue-white light to a warmer light.
Visit this website for a step by step how to → <https://www.howtogeek.com/246582/how-to-enable-night-shift-on-your-iphone-for-easy-nighttime-reading/>
3. Take a **melatonin vitamin**. Melatonin is a natural hormone made by the pineal gland in the brain. Melatonin is a natural precursor to good sleep and relaxation.
4. Check out your **iPhone's** clock/alarm app. In this app there is a new **bedtime setting** that reminds you when to go to bed and it tracks your sleeping pattern throughout the night.

Foods that promote sleep:



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