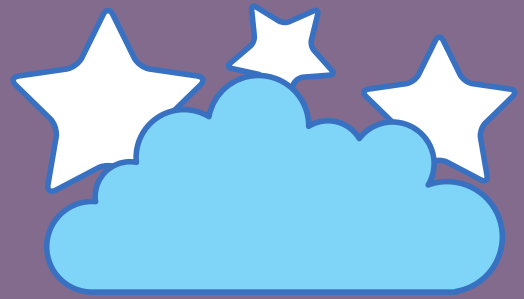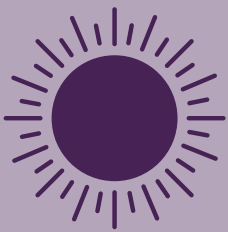# BETTER SLEEP DURING STRESSFUL TIMES

Sleep is one of the most important strategies for keeping your body and mind well. Stress can prevent a good night's rest. Check out these tips for better sleep during stressful times.

SET YOURSELF UP FOR SUCCESS DURING THE DAY

- Exercise in the morning or afternoon to help manage stress and regulate your internal schedule.
- Avoid alcohol, caffeine, and nicotine close to bedtime.
- Limit the time you spend in bed during the day. Keep your bedroom dark, cool, and quiet.

SKIP SCREENS AND WIND DOWN BEFORE BED

- Avoid screens for at least one hour before bedtime. The blue light emitted by TVs, phones, laptops, and tablets can throw off your body's internal clock.
- Engage in activities to wind down before bed, including; reading a book, taking a hot bath or shower, gentle yoga, meditation and deep breathing exercises.

AVOID THE TOSSING AND TURNING

- Set aside 15 minutes of "worry time" during the day to process any thoughts that may keep you up at night.
- Keep a to-do list or notepad by your bed to keep track of thoughts and feelings to return to in the morning.
- Disconnect from the news before bed and turn off notifications on your phone.

So what's the big deal about sleep? Find out more **here**.

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Bill de Blasio, Mayor
Healthy Workforce. Healthy City.