



Sleep is essential for health because it allows your body to repair and regenerate. Getting fewer than seven hours of quality sleep each night can negatively affect your mood, energy level, and ability to focus. Here are some tips on how to promote restful sleep:

- Skip nighttime eating.
- Avoid caffeine after noon and limit alcohol consumption.
- Turn off your tech (i.e. smartphone, television, tablet, computer etc.) at least one hour before bedtime.
- Avoid watching TV or working in bed.
- Make your bedroom environment peaceful, dark, and cool.
- Invest in a comfortable mattress and pillow.