

## **Health Advice # 4**

## **Sleep**



The National Sleep Foundation also recommends these healthy sleep habits:

- Create a regular, relaxing bedtime routine, such as soaking in a hot bath or listening to soothing music — begin an hour or more before the time you expect to fall asleep.
- Create a sleep-conducive environment that is dark, quiet, comfortable, and cool.
- Sleep on a comfortable mattress and pillows.
- Finish eating at least two to three hours before your regular bedtime.
- Exercise during the day or at least a few hours before bedtime.
- Avoid caffeine and alcohol products close to bedtime, and give up smoking.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)  
Ruth Badraun, BRF Wellness, 727-687-2737 [www.brfwellness.com](http://www.brfwellness.com)**