Conscient-ZZZ

Go to bed and wake up at a similar time each day will help you feel well-rested. Try to keep a consistent sleep schedule.

Wind down with a relaxing bedtime routine...
- Turn off lights
- Pause by reading or otherwise focusing on something
- Take a bath or listen to some music
- Wake up with an energizing morning routine.
- Drink coffee or tea
- Stretch or exercise
- Wash your face
- Light breakfast

Consistent sleep requires a consistent schedule.

Rest & Recharge

Get high-quality sleep is key to feeling well-rested. Keep in mind the things you can do to improve your sleep.

Feel your body by eating a balanced diet with regular meals and snacks throughout the day.
- Eat a healthy diet: cottage cheese, and regular caloric intake can help you sleep.
- Go to bed and wake up at a similar time each day.

Regular exercise can improve sleep. If exercising, it is during the day or try to get your workout in at least 2-3 hours before bed.

EXERCISE
- Morning exercises
- Evening exercises
- Yoga

NAPS
- Naps are a great way to recharge. Limit naps to 20-30 minutes and avoid taking them within 6 hours of bedtime.

Go screen-free at least 30 minutes before bedtime to clear your head.

Even though it might be tempting, avoid doing online classes in bed — you’ll work and sleep better.

Rest & Sleep Schedule

Write down realistic goals, challenges to meet, and strategies to overcome obstacles. Even finding one habit can be difficult, so if you’re struggling to meet your goals, stay committed and keep trying.

Here’s an example for how to set up yourself for success:

Sleep Goals:
- Rested overnight every night throughout the day.

Exercise:
- Morning exercises
- Evening exercises
- Yoga

Try Setting Your Own Sleep Goals:

1. Set realistic goals for your sleep.
2. Identify obstacles that may prevent you from achieving your goals.
3. Develop strategies to overcome obstacles.

Obstacles:
- Not getting enough sleep
- Not being able to relax
- Difficulty falling asleep
- Waking up during the night

Strategies to Overcome Obstacles:
- Use a soft pillow or firm mattress
- Use a bedtime routine
- Avoid caffeine late in the day
- Use relaxation techniques