



Wellbeing tip

Establish a sleeping routine for more rest, more often

According to the [Centers for Disease Control and Prevention](#), most adults need at least seven hours of sleep each day. However, almost a third are not getting enough rest on a regular basis. That's not good! Maintaining a consistent sleep schedule, even on weekends, provides some fairly substantial health benefits, such as improved immune function, reduced stress, and a healthier weight, to name a few.

Fortunately, the right sleep routine can help ensure you get adequate sleep consistently. The optimal amount varies from person to person, but here are some general tips if you want to create a sleep schedule that supports your wellbeing:

- **Pick a bedtime** and stick to it, even if you need to set an alarm! The more consistent you are with getting to bed, the more easily your body will adjust to your new routine.
- **Avoid foods and actions that keep you awake.** Caffeine, alcohol, nicotine, high-intensity exercise, and large meals can prevent you from falling asleep.
- **Create a distraction-free sleep zone** with no TV or electronic devices. Try to swap out screen time at the end of the day for a book, journaling, or even a puzzle.
- **Make gradual changes.** Be patient and shift your sleep schedule a bit at a time. Making small, 15-minute shifts is more effective than trying to make a big adjustment all at once.



Portal tip

Get inspired and make connections with the photo gallery

Connect with teammates as you work towards your wellbeing goals with the photo gallery. Add your own photos to the platform and view images uploaded by your teammates! Simply scroll down the platform dashboard and select the **Photo Gallery** sidebar to be taken to the gallery. View photos that have already been added or select **Add Photo** at the top of the page to create your own post.