



# May is Better Sleep Month

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## Strategies to improve your sleep:

- Keep a consistent sleep schedule
  - Follow a nighttime routine that supports relaxation
  - Create a comfortable work environment
  - Disconnect from devices at least 30 minutes before bed
  - Avoid caffeine late in the day
  - Limit alcohol consumption
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According to the Sleep Foundation, the average adult needs at least **7 hours of sleep**. Getting enough sleep supports both physical health and emotional well-being.

For more information, visit the links below:

[www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need](http://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need)

[www.bettersleep.org/blog/busting-9-common-sleep-myths-what-science-says-about-sleep/](http://www.bettersleep.org/blog/busting-9-common-sleep-myths-what-science-says-about-sleep/)

