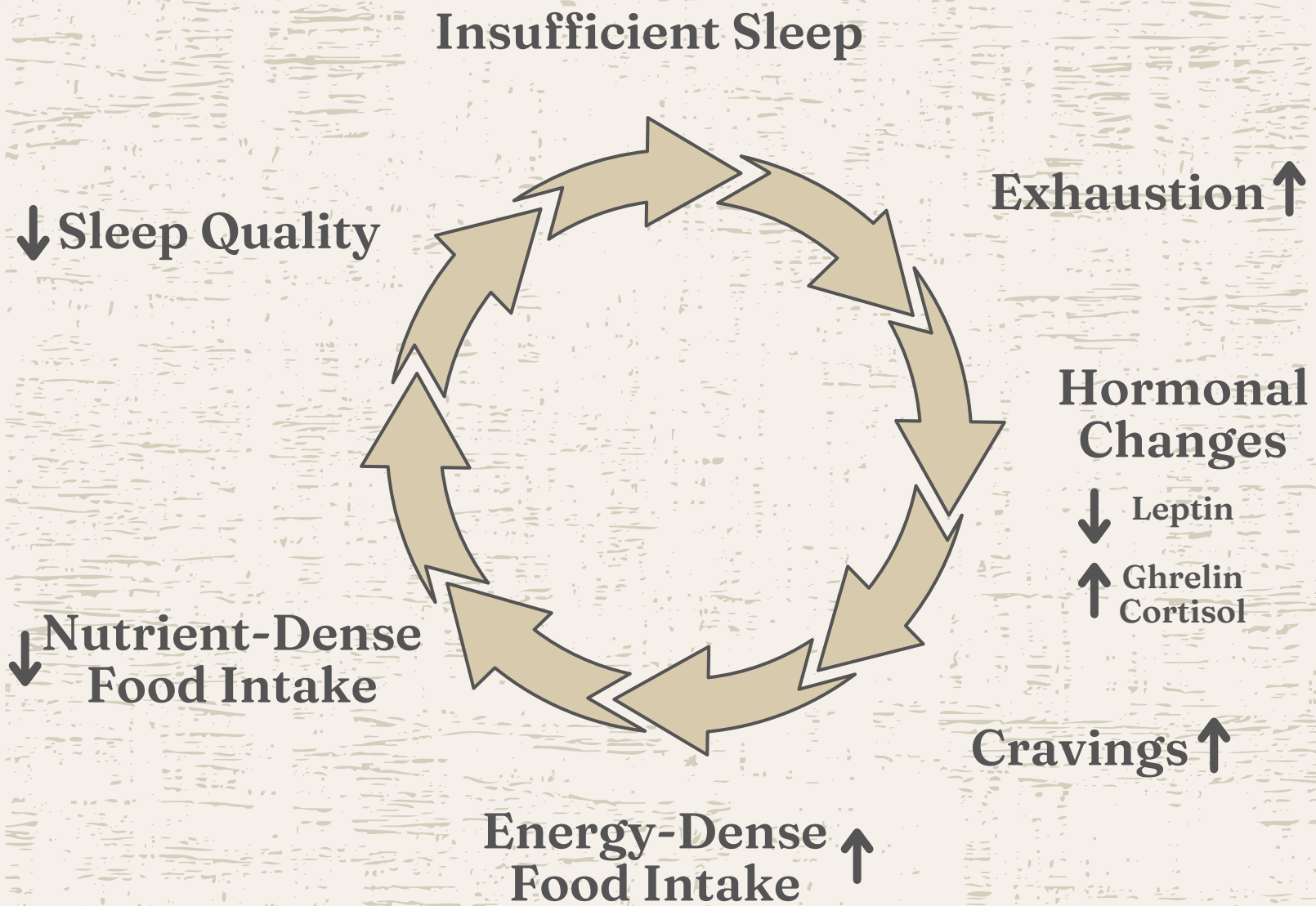


The Cycle of Poor **Sleep & Nutrition**



What we eat impacts the quality of our sleep and the quality of our sleep impacts our food choices.

Roadmap for Sleeping More Soundly

Environment

Make sure your room is dark, quiet, and at a comfortable temperature. Try using a white noise machine.



STEP 1



STEP 2

Schedule Your Sleep

Start by picking a consistent time to wake up. Even on weekends, don't be tempted to sleep late. Work backward to determine a bedtime that lets you get enough time sleeping



Pro-Sleep Habits

Skip the naps but make sure you see the light of day. Incorporate movement or exercise into your day. Save your bed for sleeping only.



STEP 3



STEP 4

Nutrition

Choose nutrient-dense foods throughout the day and avoid heavy late-night meals. Opt for a light snack instead. Limit your caffeine and alcohol intake.



Falling Asleep

Try relaxation or meditation. If you cannot fall asleep, get out of bed and read or do something in low light for a few minutes. Keep a sleep diary to track to determine what is impacting your sleep.



STEP 5

