Sleep Well, Feel Well

Tip Sheets for Sleep & Well-being

Quality sleep is essential for **physical health, mental clarity, and overall well-being**. Research suggests that sleep affects **mood, cognitive function, and long-term health outcomes**.

Sleep hygiene is a 24-hour practice—what you do during the day affects how well you sleep at night. **Making small changes in daily habits throughout the day and at home can help improve sleep quality and recovery.**

One-pagers to Share:

Use the resources in this mini-toolkit together! Healthy habits and a sleep-friendly environment work best when combined.

- **Try the Sleep Guide – Build Better Sleep Habits** *(PDF)*
- **Create a Sleep-Friendly Environment at Home** (PDF)

Disclaimer: This content is for informational purposes only and does not replace medical guidance, workplace policies, or organizational procedures.

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Try the Sleep Guide: Support for better sleep habits

The Sleep Guide in your Wellness Platform, (powered by Personify Health) helps you **track your sleep patterns, set personalized goals, and build habits** that support better rest.

Benefits of the Sleep Guide:

- Earn points for tracking sleep
- Personalized, evidence-based suggestions to help improve sleep
- Know how to make better sleep choices
- Build healthy sleep habits

How to get started:

- **In the wellness platform**, go to the **'Health'** tab
- Select **'Sleep Guide'** and answer questions about your sleep habits and goals
- Save any changes, and click **'Start My Guide'** to learn how to make better sleep choices
- **Set up your sleep tracker**:
  - **Connect a fitness tracker** to Personify Health to automatically track sleep.
  - No tracker? Manually log your sleep to monitor patterns over time!

Login to Program:

Scan the QR code or visit
wellness.healthysteps4u.org

Select the **red 'Login to Program'** button

Creating a Sleep-friendly Environment

Getting quality sleep starts with small, sustainable changes to your routine and environment. Whether you sleep during the day or at night, these tips from the National Sleep Foundation can help support more restful, consistent sleep.

You don't have to do everything at once—try one or two changes to see what works for you.

Dim the Lights
- Reducing light exposure before bed helps your body produce melatonin—a natural hormone that supports sleep.
- Try making your sleep space as dark as possible to support your sleep-wake rhythm.

Limit Screen Time Before Bed
- Blue light from phones, tablets, and computers may interfere with melatonin production.
- If possible, avoid screen time 30–60 minutes before rest to help your body wind down.

Keep the Room Cool
- Research suggests a room temperature around 65°F (18°C) may support better sleep for many people.
- Adjust your space to a cooler temperature to help your body relax and reset.

Create a Comfortable Sleep Space
- A clean, comfortable bed supports more restful sleep.
- Notice how your mattress, pillows, or blankets feel—and adjust what you can to support your comfort.

Try Soothing Scents
- Scents like lavender have been shown to support relaxation.
- Try essential oils or pillow sprays to see what feels calming for you.

Keep a Consistent Sleep Routine—When You Can
- Going to bed and waking up at the same time each day supports your body's internal clock.
- If your schedule changes (e.g., shift work), try to keep a wind-down routine that cues your body for rest—even if the timing varies.

Tip: Even short, consistent rituals (like dimming lights, stretching, or using scents) can help signal to your brain that it's time to rest.

Test out what works best for you and your personal preferences for creating a sleep friendly routine. **For more tips, visit sleepfoundation.org/bedroom**

Note: Everyone's sleep needs are different. These tips are meant to support general well-being and do not replace personalized advice from a medical provider. If you're having ongoing trouble with sleep, consider speaking with your doctor or a sleep specialist. Last Updated: January 2025