



MAY SLEEP AWARENESS MONTH

Sleep isn't just "time off"—it's essential to your body and mind. Getting enough high-quality sleep improves memory, mood, focus, and your ability to manage stress. Yet, many adults do not get the recommended 7 to 8 hours of sleep each night. That is why, this month, EMR is focusing on how to establish better sleeping habits that will aid in supporting your overall wellbeing.

Better sleep makes for a better you! Make rest a priority this month, and every month.

Sleepy Time Mocktail

Skip the night cap and instead make yourself a bedtime mocktail! Tarte Cherry Juice is proven to enhance your sleep as it contains tryptophan and melatonin.

- Fill a glass with some ice
- Add in can of lime seltzer (or you can use plain seltzer and add a squeeze of lime!)
- Pour in 1/4 - 1/2 cup of tarte cherry juice
- Stir and enjoy!



Simple Tips for Better Sleep:

Lack of sleep can have a negative impact on your health such as, increasing the risk of heart disease, obesity, and depression. Try these tips to improve your sleep:

- **Stick to a Schedule:** Wake up and go to bed at the same time each day—even on weekends. A consistent sleep-wake cycle helps regulate your body's internal clock.
- **Unplug Before Bed:** The light from phones, tablets, and computers can interfere with sleep. Avoid electronics at least 2 hours before bedtime or wear blue light glasses to minimize your exposure.
- **Skip Naps:** Mid-day napping can disrupt your sleep schedule. If you are struggling to fall asleep at night, skip the nap and aim for an earlier bedtime.
- **Move Your Body:** Regular exercise can help you fall asleep faster and sleep more soundly. Just avoid workouts within 2 hours of bedtime.
- **Limit Caffeine:** Avoid coffee, tea, and soda after lunch, as caffeine can stay in your system and impact your ability to fall asleep easily. **Tip:** Try adding in a calming tea, such as lavender and chamomile, before bed!
- **Quit smoking:** Nicotine disrupts sleep and harms your health. If you want to quit, or are looking for helpful resources, seek help [HERE](#).
- **Eat Light at Night:** Avoid large meals before bed. If you need a snack, choose something light such as yogurt and fruit or a handful of nuts.

Sources

- <https://healthylearn.com/connerstrong/sw/8-healthy-sleep-habits.html>
- <https://healthylearn.com/connerstrong/sw/sleep-well-be-well.html>
- <https://healthylearn.com/connerstrong/hn/simple-way-to-get-better-sleep.html>