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# EAP NAVIGATOR

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March 2018

## 6 Tips for Improving Your Sleep

Work stress, family responsibilities and unexpected challenges can have an impact on your quality of sleep. While you might not be able to control the factors that interfere with your sleep, but you can adopt habits that encourage better sleep.

Below are 6 simple tips to help you get started:



1. Avoid caffeine for six hours and alcohol and nicotine for two to three hours before bedtime.
2. Don't exercise too close to your bedtime. Exercise raises your body's temperature, which can prevent or delay sleep.
3. Clear your mind of the day's stress. Take a few minutes to talk about the day with someone or to write down your thoughts.
4. Control your exposure to light. Bright lights can interrupt the body's natural sleep pattern.
5. Turn alarm clocks toward the wall. Waking up in the middle of the night and checking the time may increase anxiety and prevent you from getting back to sleep.
6. Wake up at the same time every day. Your body will respond well to a consistent cycle.

**For more information on how to improve your sleep, contact your EAP:**

**Call:** 800-433-2320

**Text:** 503-980-1777

**Email:** [info@cascadecenters.com](mailto:info@cascadecenters.com)

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**Connect with us**



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