

Your guide to better sleep habits.

Getting a good night's sleep means building sleep-friendly habits—how you eat, how you move, and how you manage things like stress, emotions, and medications. Here are some tips and strategies for healthier rest, plus some questions to help you make a sleep plan and stick to it.

Ways to get better sleep.

Create an ideal sleep environment.

- Keep your bedroom cool and dark. (Research recommends 60–68 degrees.)
- Use soft and breathable bedding. (Try fabrics like cotton, bamboo, or Tencel.)
- Keep your bedroom clutter-free.
- Remove possible distractions.
- Avoid working or using screens in bed.
- Use pillows and blankets for support and comfort.

Relax your body, release stress, and quiet your mind.

- Make a to-do list for the following day. (Stick to a five-minute limit and be as specific as possible.)
- Write in a gratitude journal.
- Take a warm bath or shower. (Make it even more relaxing with soft music or candles.)
- Gently stretch your body.
- Practice deep breathing, meditation, or prayer.

Support your body's natural ability to heal.

- Aim for 7–9 hours of sleep each night. (7–8 hours if you're over 65.)
- Wake up at the same time each day.
- Get sunlight during the morning hours.
- Limit any naps to 10–20 minutes.
- Think about setting a curfew for caffeine, alcohol, and food.
- Limit screen time before bed.

Explore how medications and supplements may affect your sleep.

- Connect with a MOBE® Pharmacist for guidance on medications, supplements, and sleep.
 - Discuss personal health conditions and well-being goals.
 - Review your medications and supplements.
 - Look at possible root causes of poor sleep.
 - Talk about any potential impacts on sleep.
 - Explore options for improved sleep.

Make a plan. Questions to consider:

1. What's one thing I want to try this week to support my sleep?
2. Why is this important to me?
3. When will I do it?
4. What could get in my way?
5. What will I need to succeed?
6. What support will I need?

Get personalized guidance for better sleep—and more.

For one-to-one support on your overall well-being, connect with a MOBE Guide or Pharmacist. To schedule your next call, use the MOBE Health Guide app or call **844-841-9725**.



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