

GET OFF YOUR FEET, SLEEP IS MEDICINE

Lack of sleep can result in an increased risk of accidents, lowered response time, mood instability, and weight gain.¹



Sleep Tips

- Exercise each day to increase restful sleep; avoid vigorous exercise two hours prior to bedtime.
- If your mind is racing before bedtime, write down your thoughts to release them for the night.
- Learn a relaxation technique, such as deep breathing, to quiet your mind and relax your body.
- Avoid alcohol as a sleep aid; it increases mid-sleep cycle waking.
- Put electronics away 30 minutes or more before sleep time.
- Avoid caffeine several hours before sleep time.
- Try to go to bed and wake up about the same time every day.

For online sleep resources,
visit NMCPHC – Health
Promotion and Wellness:



To help you unwind, try a sleep
enhancing selection or soothing
instrumental music from the
Relax Relax Toolkit:



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1. What are the signs and symptoms of problem sleepiness? National Heart, Lung, and Blood Institute. <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd>. Accessed June 2015.

