

10 Habits to Help You Sleep Soundly at Night

From the time you have your last sip of coffee in the afternoon, to the number of meals you eat throughout the day, keeping your body on a pretty regular schedule can help you wind down at night.

1. Track your sleep.

The same way tracking your diet can help you achieve your weight goals, keeping track of your sleep habits may help you get better ZZZs.

2. Break a sweat.

Getting at least 150 minutes of exercise a week can help you feel more alert throughout the day and can also help you sleep better at night.

3. Stick to a sleep schedule.

Waking up and going to sleep at the same time each night – yes, even on weekends – is key to getting good-quality sleep.

4. Eat regular meals throughout the day.

Just like a sleep and wake schedule can help you get more slumber, eating regular meals throughout the day can, too.

5. Take it easy on the espresso.

Even though caffeine doesn't affect everyone the same way, it's still a stimulant that can prevent your brain from achieving deeper levels of sleep.

6. Be mindful of alcohol consumption.

Since alcohol is a depressant, it may help you initially fall asleep – but you will likely toss and turn later in the night causing you to have disrupted sleep.

7. Limit mid-day snoozes.

While quick naps may be okay, if you sleep longer than 30 minutes during the day it can disrupt your sleep later on.

8. Say no to technology.

Some technology may be good for your health, but overdoing it before bed can keep you awake.

9. Make sure your bedroom is just for sleeping.

Whenever feasible, it's best to distinguish your bedroom as just for sleep -- otherwise it's hard for your body to realize the signals.

10. Experiment with relaxation techniques.

You're going to fall asleep faster – and get better sleep – if both your mind and body are at ease. Mindfulness activities help you focus on images and stories rather than worries and other thoughts keeping you awake.

Manage Your Sleep Through the *Be Well SHBP* Well-Being Program!

Did You Know?

Through the *Be Well SHBP* well-being program, you have access to great tools and resources for living a healthy lifestyle. Many of these activities will also reward you with well-being incentive points!



Schedule a coaching call.

Our well-being coaches can help you with better sleep strategies that can work for you. Earn 60 well-being incentive points for each completed coaching call per month.



Join an online challenge and track healthy behaviors.

Challenges rotate; you can earn 120 well-being incentive points for each completed challenge, up to a total of 240.



Visit the Inspirations Video Channel available to you after logging in to your *Be Well SHBP* account (through the Discover section of the Sharecare app or the [BeWellSHBP.com](https://www.BeWellSHBP.com) website).

Explore the “Sleep” Channel to find low-light, soothing videos designed to encourage a full night’s restful sleep.



Don't Forget to Redeem Your Well-Being Incentive Points!

You and your covered spouse are each eligible to earn up to 480 well-being incentive points. Visit the Rewards section within the Sharecare app (or log in at [BeWellSHBP.com](https://www.BeWellSHBP.com)) to verify your points earned, and redeem for your choice of reward:

- A \$150 Visa Reward Card (to use anywhere Visa is accepted), OR
- 480 well-being incentive credits (to apply toward eligible medical and pharmacy expenses). Well-being incentive credits can be redeemed in increments of 120 points.