



SLEEP EASZZY

Sleep is essential for your health and well-being.

Stop waking up on the wrong side of the bed and start sleeping better and deeper with tips from the experts at NorthShore University HealthSystem.

Last Call



Heavy meals and alcohol might make you drowsy, but they can disrupt sleep later.

TIP: Avoid eating and drinking at least two hours before bed.

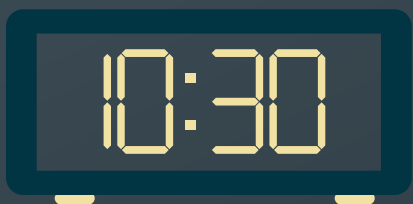
Stay Cool



Lowering your core temperature can help you fall asleep faster and sleep deeper.

TIP: For optimal sleep, keep the bedroom between 60-67 °F.

Sleep Training



Train your body to recognize bedtime by implementing a nightly ritual.

TIP: Get in bed 30 minutes before bedtime so you have time to wind down.

Power Down



The light from electronic devices—like phones and tablets—activates the brain.

TIP: Keep electronic devices out of the bedroom and read a real book instead.



SOURCES: