May: Sleep

Week 1:
**Not getting your 40 winks?**
Then you’re one of the 63 percent of Americans who don’t sleep the recommended eight hours needed for good health. Try these tips for a better night’s sleep:
- Maintain a regular bed and wake time schedule, including the weekends.
- Establish a standard, relaxing bedtime routine, such as soaking in a hot bath, reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet and comfortable.
- Finish eating at least two to three hours before your regular bedtime, and avoid caffeine, nicotine and alcohol.
- Exercise regularly, but complete your workout at least three hours before going to bed.

Source: National Sleep Foundation

Tip of the week brought to you by:
The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Wellness Initiative, join us on the journey!