

Sleep

Make routine a key to your Zzzz

Want to rest easy? Try to go to bed and wake up at the same time every day.*

Sleep is the Swiss Army knife of health, explains neuroscientist Matthew Walker, director of the Center for Human Sleep Science at the University of California, Berkeley.

“No matter the ailment, it’s more likely sleep has a tool within the box that will see you well.”

Sleep is the single most effective thing we can do to reset our brain and body health each day, Dr. Walker writes in *Why We Sleep*.

*TOO BUSY FOR ROUTINE? TRY TO GET MORE SLEEP ON WEDNESDAYS AND SUNDAYS.

His evidence fills 368 pages of a bestselling book. Just for starters, he explains that proper sleep has the power to boost brain power and decision-making, charge the immune system and lower blood pressure.

Problem is that most of us don’t get enough. How much is enough? Shoot for nine hours – more or less.

Dr. Walker has lots of bedtime tips – avoid screens, dim lights an hour before bed, lower the thermostat – but sticking to routine tops his list of advice.

Do your own sleep research

FOR ONE WEEK
Track your sleep.
Measure your energy.
Observe the connection.



DISCOVER MORE SLEEP TIPS!



	HOURS OF SLEEP	ENERGY LEVEL
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		