

10 tips for better sleep



1 Get regular exercise



2

Reduce sugar and caffeine by afternoon



3

Avoid alcohol for at least 4 hours before bedtime



4

Create a sleep routine



5

Find a comfortable mattress and bedding



6

Keep bedroom quiet and dark



7

Power down electronic devices



8

Relax with meditation or hot bath



9

Try aromatherapy



10

Talk to your doctor about a sleep evaluation



Poor sleep impacts mental health

Get more information on how to get good ZZZs:

Access resources, including Sleep Fitness group support, coaching and more



Sleep Fitness Toolkit:
sleepfitness.tools



Sleep Resource Kit:
Login to your portal, type "sleep resource kit" into search and click on the tile



In-the-moment support
24/7/365, even at 2 a.m.:
800-699-9868



800-699-9868

mysupportlinc.com
group code: sysco



Download the mobile app today!