

Well-Being Tips: Sleep

Both your physical and emotional health can be affected by the amount and quality of sleep you get each night. Getting enough sleep can keep your immune system strong, improve your mood, and leave you feeling less stressed.¹ Mayo Clinic recommends that adults get 7-8 hours of sleep per day.² Do you get this much sleep? If not, check out these five tips for getting more sleep at night.

1. **Limit work hours:** Set limits on when you want to work outside of the office. For example, checking your email before going to sleep could be distracting if you start responding to everyone. Make sure you allow yourself time to sleep without being distracted by things that could wait until the next day.
2. **Start exercising:** Being [physically active](#) throughout the day can help you fall asleep faster and enjoy deeper sleep. Also, taking a morning walk or exercising outside in the morning light can help regulate your [internal clock](#), telling you that it's time to wake up.
3. **Create an intentional environment:** The area you sleep in can affect the quality and length of your sleep. Make sure your bedroom is quiet, dark, and cool. Try not to use screened devices like your phone, tablet, or laptop in bed. Also, consider moving the TV and radio out of your bedroom. By creating a space free of distractions, you will be able to get [better sleep](#).
4. **Shut your mind off:** Have you ever been kept awake because of stress and too much on your mind? Consider taking steps to [manage your stress](#) to improve your sleep. Another way to help relax and focus on sleep is by practicing meditation. Check out these [recordings](#) to see if meditation can help you.
5. **Stick to a schedule:** Try going to bed and getting up at the same time each day (even weekends and holidays). This can help reinforce your body's sleep-wake cycle and help you sleep better at night. If the sun is still out at your bedtime, keep your window coverings closed, the room dark, and reduce noise.

¹ [UW Health](#)

² [Mayo Clinic](#)