American Heart Association®

**Healthy for Good™**

# 3 TIPS FOR BETTER SLEEP

**Your body naturally craves sleep, but it can be tough to get to bed on time. Here's how to get better sleep every night.**

### SET AN ALARM

Set a daily alarm for 1 hour before bedtime. This will remind you it's time to wind down.

### SIGNAL YOUR BRAIN

Once your alarm goes off, do something your brain associates with bedtime, like brushing your teeth or washing your face.

### RELAX AND UNWIND

Reclaim your calm by doing something that helps you unwind – a bath, reading, journaling or something else relaxing.

If you consistently have trouble sleeping well, please talk to your doctor.

**heart.org/sleep**