Helpful Tips For a good night sleep





Relax and clear your mind in the evening.



Avoid blue light as early before bed as possible.







Minimize physical activity at least 3 hours before bed.

Lisa Medalie, Psy.D.

Reach to acheive 8 hours of sleep per night.

ilhpp.org

IL Human Performance Project

Developed and funded in whole and or part, by the Illihois Department of Human Services and/or Substance Abuse and Mental Health Services Administration. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of IDHS, SAMHSA, or HHS, and should not be construed as such.

