



# Simple solutions for better sleep

Getting a good night's sleep is as important to your health as regular exercise and eating healthy. The recommended amount of sleep for most adults is seven to nine hours.<sup>1</sup> Not getting it could leave you feeling irritable, stressed, sad or tired. You may struggle to stay focused or get motivated. Lack of quality sleep can impact your physical and emotional health.<sup>2</sup> Chronic sleep problems can lead to brain, heart and immune system problems.<sup>2</sup> Sleeping poorly can affect one's decision-making ability and lead to errors.<sup>3</sup>

## Simple solutions for better sleep

Practicing good sleep hygiene is important. Your bedroom should be cool and dark. You should limit screen time before bed. Keep a regular bedtime and waking schedule. There are other good habits, like a healthy diet and exercise, that can help you sleep better.

Any time is a good time to implement positive changes to your habits and life. Start with one suggestion on the next page, add as you can and prepare for a great night's sleep.



### **Take a walk during the day**

Sunshine helps regulate your body's internal clock. It also increases your serotonin, which leads to healthier sleep. Regular activity or exercise for 30 minutes each day helps people fall asleep more easily.



### **Eat your last food of the day three hours before going to bed**

This allows enough time for digestion. You can avoid things like gastrointestinal upset or heartburn from interrupting your sleep.



### **Have a turkey burger for dinner**

Turkey is one of the highest sources of L-tryptophan, an amino acid that helps you sleep better. Chicken and tuna are also rich in tryptophan.



### **Snack on pumpkin seeds**

Pumpkin seeds are an excellent source of magnesium. Magnesium may improve the quality of your sleep.



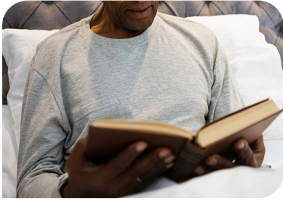
### **Drink an evening “mocktail”**

Have sparkling water mixed with 4 ounces tart cherry juice concentrate rather than wine. Tart cherries contain melatonin, a hormone that helps regulate your sleep cycle. Avoid alcohol and caffeine prior to sleep. This allows your body to enter the deepest and most restful stages of sleep uninterrupted.



### **Drink chamomile tea**

Chamomile has an antioxidant that's been shown to support a good night's sleep.



## Read from a physical book

Using tablets or phones close to bedtime can wreak havoc on your sleep. Reading a book is more likely to help improve your slumber.



## Consider a bedtime stretching routine

Gentle stretching and calm, deep breathing are great ways to wind down and set yourself up for a good night's sleep.

Learn how Teladoc Health can help support you on your wellness journey. To sign up or learn more, go to [TeladocHealth.com/Smile/HEALTHYCOUNTRY](https://TeladocHealth.com/Smile/HEALTHYCOUNTRY).

<sup>1</sup><https://www.cdc.gov/sleep/about/index.html>

<sup>2</sup><https://sleepeducation.org/sleep-is-good-medicine/>

<sup>3</sup><https://aasm.org/advocacy/position-statements/insufficient-sleep-work-performance-health-advisory/>