



# Are You Sleeping?

Fatigue due to sleep deprivation can impair your ability to think and perform — similar to having a blood alcohol content of 0.1%. The legal limit while driving is 0.08%

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Journal all your racing thoughts and worries before going to bed.	3	4 Establish a nighttime routine to let your body know it's time to sleep.	5	6 Turn off all media screens at least one hour before bed.	7
8	9 Enjoy a nighttime tea like chamomile or soothing non-alcoholic drink such as turmeric milk.	10	11 Utilize aromatherapy to help wind down for the evening.	12	13 Use menthol crystals, herbal bath bombs or Epsom salts in your bath to help fight inflammation.	14
15	16 Avoid caffeine or simple sugars before bedtime.	17	18 Set a timer to turn off your TV at a certain time each evening to avoid late night bingeing.	19	20 Do not take electronic devices into your bedroom.	21
22	23 Explore EFT tapping to help wind down for sleep; The Tapping Solution app is a free download.	24	25 Establish a calming environment for sleep: cool temp, dark room, earplugs, comfy pillow and sheets.	26	27 Don't go to bed angry; practice acceptance and forgiveness.	28
29	30	31	1	2	3	4

### EATWell

Stop snacking and caffeine consumption several hours before you go to sleep.



### MOVEWell

Use yoga or nighttime stretches to signal the body you are ready for sleep.



### LIVEWell

Get 7-9 hours of sleep per night.

