

Healthy Bytes

S p r i n g 2 0 0 6

LOOKING FOR A GOOD NIGHT'S SLEEP?

If you've tried counting sheep and still can't fall asleep at night, try some of the following:

- Go to bed and get up at the same time seven days a week.
- Don't stay in bed longer than eight hours.
- Avoid naps late in the afternoon.
- Use your bed only to sleep in, not to read or watch TV.
- Keep your bedroom quiet, dark and cool.
- Limit or eliminate caffeine, nicotine and alcohol intake.
- Eat regular meals and avoid heavy bedtime snacks.
- If you are taking prescription medications, check with your doctor to make sure they are not affecting your sleep.
- Get plenty of sunlight, particularly in the afternoon.



Good night. Sleep tight.

Source:

"Good Sleep Habits," WebMD, Updated June 2004, <http://www.webmd.com/hw/health_guide_atoz/uh1136.asp>.

This material is provided for your general information only and is not intended as medical advice. For more information and answers to health concerns, consult your physician or other health care professional.

WE'LL GIVE YOU AN EDGESM



Principal Wellness Company
www.principal.com/wellness
(800) 354-1721