

# Recipe For

## Getting Better Sleep

Master Chef Mantra: Quality sleep is key to wellbeing

### Directions

- Limit screen time at night - try to turn off your screens 2 hours before bed
- Caffeine intake - be careful not to drink beverages with caffeine too late
- Stick to a schedule - try to wake up and go to bed at consistent times
- Relax your mind - take a calming shower or read a book in the evening
- Exercise regularly - get plenty of movement, just not too late in the day
- Focus on comfort - pillows, mattresses, blankets, and temperatures matter!