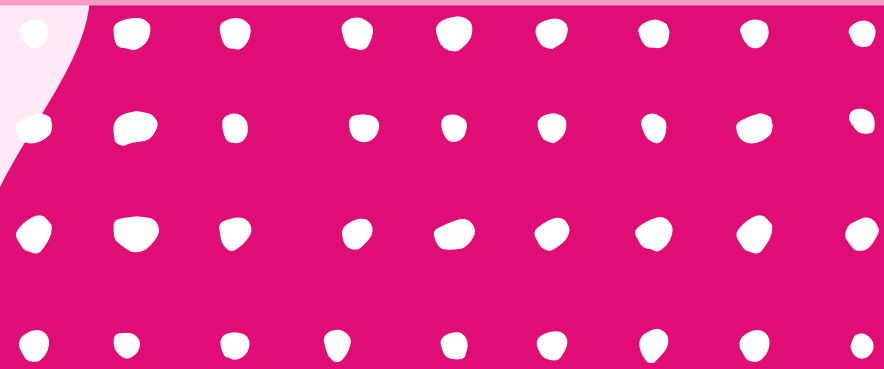
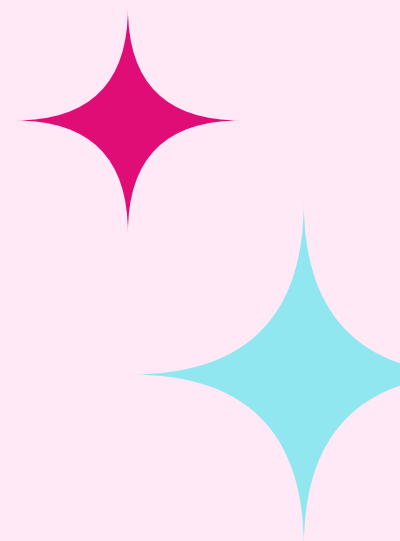


# Vitality Rooms

## Wellbeing Webinars



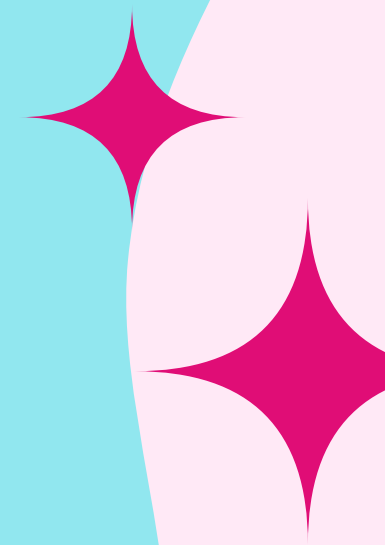
# Sleep








Why?







Five proven  
habits that can  
help you improve  
the quality of  
your sleep

# 1. Stick to a Consistent Sleep Schedule:

Go to bed and wake up at the same time every day, including on weekends. This helps regulate your body's internal clock and can improve the quality of your sleep.





# Create a Relaxing Bedtime Routine:

**Establishing a relaxing routine before bed can help signal to your brain that it's time to wind down. This could include taking a warm bath, reading a book, or practicing meditation.**





# Limit Screen Time Before Bed:

The blue light emitted by electronic devices such as smartphones and tablets can interfere with the production of melatonin, a hormone that regulates sleep. Try to avoid using electronic devices for **at least** an hour before bedtime. Even if you have the blue light filter glasses or screens, the activity on these devices before bed is not conducive for sleep





# Create a Sleep-Conducive Environment:

Make sure your bedroom is quiet, cool, and dark. Consider investing in blackout curtains or a white noise machine if external noise or light is disrupting your sleep. Remove devices from the bedroom.





A woman with her hair in a bun is seen from the side, stretching her right leg by pulling her foot towards her knee. She is in a living room with a white sofa and orange and grey cushions. A large pink graphic overlay is on the right side of the image, containing text.

# Get Regular Exercise:

Exercise can improve the quality of your sleep by reducing stress and anxiety and promoting relaxation. However, try to avoid exercising too close to bedtime, as this can stimulate your body and make it harder to fall asleep.