Catch Your Zzz’s

Getting your daily 7-9 hours is important for all aspects of your health. If you aren’t getting enough each night, make an effort to get to bed earlier. Your body will thank you!

Get 7-9 Hours for these great benefits:
- Longer lifespan
- To help manage your appetite
- Improved immune function
- Improved memory
- Lower risk of chronic disease

Try these tips to get better sleep:
- Schedule your sleep time.
- Avoid stimulants like caffeine.
- Keep your bedroom cool and dark.
- Exercise regularly - it promotes deeper sleep!
- Relieve stress during the day - try yoga, meditation, journaling, or long walks.

Log your daily sleep on the HealthTrails challenge! www.utlivingwell.com