

Rise & shine, dreamers.



Transform your sleep health for overall well-being

Sleep Well, Live Well.

Just like food or water, sleep is a biological necessity for your life and health. While you sleep, your body fights off viruses and cancer cells, repairs injured tissues, and forms vital memories that are essential for learning.

How much sleep do you need?

Most adults need 7 or more hours of uninterrupted sleep each day. Some may need even more.

Habits to Improve Your Sleep

Struggling to fall asleep? Consider adjusting your sleep routine with new habits:

- **Be consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- **Create a restful environment.** Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- **Limit daytime naps.** Limit naps to no more than one hour and avoid napping late in the day.
- **Be mindful of what you eat and drink.** Avoid large meals, caffeine, and alcohol before bedtime.
- **Stay active.** Physical activity during the day can help you fall asleep more easily at night.
- **Track your sleep.** Use a sleep diary or sleep tracker app to understand your sleep patterns and identify certain activities that impact your sleep.

What if these tips don't work?

Sleep-related issues affect many people. Some of the major sleep disorders include Insomnia, Narcolepsy, Restless Leg Syndrome (RLS), and Sleep Apnea. Consider scheduling a checkup with your provider if you spend 7 to 9 hours in bed but:

- You consistently take 30 minutes or more to fall asleep
- You consistently awaken several times during sleep or for long periods.
- You take frequent naps.
- You often feel sleepy, especially at inappropriate times.

Prioritize Your Sleep Health

Getting enough sleep is important, but good sleep quality matters too. If you have poor sleep quality that interferes with how you feel or function during the day, discuss your sleep health with your CareATC provider.

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The App!

