

**Limit big meals
before bed**

**Keep a consistent sleep
schedule**

Tips for Falling Asleep

**Stay hydrated and get
regular physical activity**

**Have a dark and
quiet room**

**Avoid caffeine in the
afternoon**

**Listen to a
meditation or quiet
calming music**

**Charge your phone
away from your bed**

**Get up and brush your
teeth again if you
cannot fall asleep
after 30 minutes**



Did You Know?

- Lack of sleep can increase feelings of anxiety, depression, and brain fog.
- Sometimes we can't sleep because we are stressed, sad, or worried. When we consistently do not get good sleep, we might need some additional support.

Ask an adult or healthcare provider for help if your sleep routine needs a boost!



For more resources
scan the QR code

