

Are you getting *enough* sleep?

The average adult gets 7 to 9 hours of sleep each night. But sometimes, our sleep gets interrupted by pets, snoring partners, allergies, chronic pain, stress or side effects from medications. Instead of tossing and turning for hours, try these tips to help you fall asleep easier and stay asleep longer!

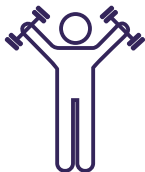
Before Bedtime



Avoid caffeine, nicotine and alcohol before bedtime. All 3 are stimulants, which means they make you feel more awake at bedtime



Avoid eating heavy meals a few hours before you go to bed. While you sleep, your digestive system should be resting too



Avoid tough workouts right before bed. Allow a couple hours between your workout and bedtime to give your body enough time to wind down

Getting Ready for Bed



Create an easy bedtime routine to follow each night. This will help your body recognize that you are getting ready to go to sleep



Brush your teeth, wash your face, take out your contacts and change into pajamas after dinner. This will make it easier to crash when you start to feel sleepy



Include an hour of quiet time to relax your mind and body. This can include reading, journaling, listening to music or meditating

Keep In Mind...



Your body works best when it follows the same sleep schedule every day. Try going to bed and waking up at the same time every day, even on weekends



The light emitted from TVs and smart phones trick your brain into thinking it's daytime. This can make it difficult for your brain to "turn off." Unplug so you can prepare for a good night of sleep



If you still can't sleep after 20 minutes, get up and do something else until you feel tired. Then try going to sleep again

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).

