

Give the nod to better sleep

If you're like most people in the U.S., the hectic pace of everyday life is sabotaging your efforts to get the recommended 40 winks. Unfortunately, sleep loss can also change your health, leading to a greater chance of getting diabetes, heart disease or being overweight.

For a good night's sleep, give the nod to these tips:

- Keep a set timetable for going to bed and waking up.
- Avoid nicotine, caffeine and alcohol.
- Create a relaxing bedtime practice to unwind before going to bed.
- Keep a comfortable room temperature.
- About five to six hours before bedtime, take part in a daily workout.
- Get up and do something else if you can't fall asleep.

Sources: National Sleep Foundation; National Institutes of Health



When you put these ideas into practice, you'll be less likely to lose sleep over your busy life.



Sleep well. Engaging in regular physical activity not only helps people fall asleep faster but also sleep more deeply. To learn more tips for a good night's sleep log in to Blue Access for Members and check out the articles on sleep in the Personal Health Manager.

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