As we continue to face trying times with disrupted work days, social distancing, worry and anxiety, a good night’s sleep is probably not as common as it once was. Sleep affects your mental and physical health as well as the quality of your waking life. Sleep helps you maintain your emotional balance, brain and heart health, immune system, creativity, and productivity. There is no other activity that delivers so many benefits with so little effort!

Tips for better sleep

1. **Follow a regular sleep routine.**
   Going to bed and getting up at the same time everyday can help your internal clock keep a regular schedule and provide a sense of normalcy. Adults need between 7-9 hours of sleep a night. Having trouble falling asleep? Unwind with 4-7-8 breathing, read a book, or try writing in a journal.

2. **Fit in exercise.**
   Believe it or not, exercise increases deep sleep time which allows your brain and body to rejuvenate. But be careful, exercising too late can leave you feeling energized and stimulated right before bed, delaying your transition to sleep. Can’t find time to exercise? Try 10 minute bouts of moderate activity throughout the day.

3. **Eliminate blue light at night.**
   Watching TV or using electronic devices before bedtime interferes with the hormone which helps prepare the brain for sleep. Try an activity you find relaxing. Need ideas? Listen to calming music or meditate.

4. **Get some sunshine every day.**
   Light controls our day-night cycle and influences our sleep. Exposure to sunshine helps keep the internal clock running on time. The earlier in the day, the better. Try a morning walk, or have a healthy breakfast sitting on the patio.

**Let’s Connect on Well-being**
Every Wednesday at 10 a.m. and 3 p.m.
https://www.gotomeet.me/HealthyatHopkins
Phone Number: +1 (408) 650-3123
Access Code: 476-403-085

‘Ask the Expert: Sleep Hygiene’
with Susheel Patil, M.D., Ph.D.
Thursday, April 30 from 12:00 p.m. - 12:30 p.m.
https://global.gotomeeting.com/join/734816117
Phone: +1 (669) 224-3412
Access Code: 734-816-117

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**JH employee highlight:**
Stephanie Mann, Nursing Professional Practice, The Johns Hopkins Hospital

- I am working on my sleep. I tend to cut out sleep to accomplish more tasks. I am learning new ways to prioritize sleep.
- I stay motivated by focusing on what is before me, realizing if I do my best at this moment, I will be better positioned for the next moment.

**Click here** for Healthy at Hopkins Resources to Support You and visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).
Or, **click here** for more resources from the Office of Well-being webpage.