



American Heart Association®

Healthy for Good™



3 TIPS FOR BETTER SLEEP

Your body naturally craves sleep, but it can be tough to get to bed on time. Here's how to get better sleep every night.



SET AN ALARM

Set a daily alarm for 1 hour before bedtime. This will remind you it's time to wind down.



SIGNAL YOUR BRAIN

Once your alarm goes off, do something your brain associates with bedtime, like brushing your teeth or washing your face.



RELAX AND UNWIND

Reclaim your calm by doing something that helps you unwind – a bath, reading, journaling or something else relaxing.