

GET YOUR BEST SLEEP EVER

IN 3 SIMPLE STEPS

STEP 1: Be Consistent

Aim to have a regular bedtime and wake time. Go to bed and wake up within the same 60 minute window **at least** 5 days a week!



STEP 2: Phone Down!

The light from phones and other electronics can keep our bodies from properly winding down at night. Try to minimize electronic use 60-90 minutes before bed each night!

STEP 3: Prepare Your Room

For the best sleep, we want our bedrooms to be **cool and dark**. Aim for your bedroom to be between 60-67°F, and invest in blackout curtain to help minimize outside light!



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