



Employee Assistance Program *Tip Sheet*

Strategies for Better Sleep and Better Health



Quality sleep is essential for mental clarity, emotional balance, and physical health. Yet, nearly one in three adults don't get enough sleep, according to the CDC. Fortunately, small changes can make a big impact.

Here are some practices to help you get good, quality rest.

1. Set a Consistent Sleep Schedule

Go to bed and wake up at the same time each day, even on weekends. A regular routine supports your body's internal clock and improves sleep quality over time.

2. Create a Restful Environment

Keep your bedroom cool, dark, and quiet. Use blackout curtains, white noise machines, and eye masks to reduce disturbances and signal your body that it's time to wind down. According to The National Sleep Foundation, optimal room temperature for restful sleep is 65-68 degrees.

3. Limit Screen Time Before Bed

Devices emit blue light that disrupts melatonin production, making it harder to fall asleep. The National Sleep Foundation recommends turning off screens at least 30–60 minutes before bedtime.

4. Practice a Wind-Down Routine

Calming activities like reading, gentle stretching, or deep breathing can help shift your mind from busy to bedtime mode.

Improved sleep isn't just about quantity, it's about quality. Prioritize rest to boost mood, memory, and overall health. If sleep challenges are affecting your daily life, your Employee Assistance Program (EAP) is here to help. Reach out for free, confidential support, tools, and resources.

Reference: CDC. FastStats: Sleep in Adults. <https://www.cdc.gov/sleep/data-research/facts-stats/adults-sleep-facts-and-stats.html>.
Sleep Foundation. How to Sleep Better. <https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>

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