

# If you don't snooze, you lose



## Important tips for a good night's sleep

Does getting enough sleep seem like a dream? It's no wonder with today's hectic schedules and busy lifestyles. Adequate sleep is important because it can impact your attitude, concentration and even your susceptibility to disease.

There is rest for the weary with these practical tips:

- Go to bed and wake up at the same time every day
- Develop a bedtime routine
- Avoid eating, talking on the phone or watching television while you're in bed
- Keep your bedroom quiet and dark
- Leave the room if you have trouble sleeping and sit quietly for 20 minutes before going back to bed



If you're experiencing too many "rude awakenings," consider these ideas and sleep on them, too.



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Source: American Academy of Family Physicians

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