THE WELLNESS COMPASS / REST

Better Sleep, Brighter Days

Simple, flexible habits for more restful nights and steadier mornings.

Start with one change that feels realistic. A steady rhythm and a restful setting can support sleep over time.

01 Keep a steady rhythm

Choose a wake-up time you can keep most days. A regular schedule helps your body find a rhythm.

02 Give yourself a wind-down

Set aside a calm transition before bed: read, stretch gently, listen to quiet music, or take a warm bath.

03 Make the room restful

Aim for a space that is dark, quiet, comfortable, and cool enough for you. Reduce light and noise where possible.

04 Ease off evening stimulants

Notice how caffeine affects you and consider avoiding it later in the day. Alcohol can also interrupt restful sleep.

05 Let daytime support nighttime

Get daylight and movement during the day when you can. Keep intense activity close to bedtime only if it works for you.

06 If sleep is not coming

If you feel increasingly tense while lying awake, get up for a quiet, low-light activity and return when sleepy.

A GENTLE REMINDER

Adults generally need at least 7 hours of sleep, but needs vary. Progress can begin with a routine that fits your life.

MAKE IT YOURS

A softer landing at night

Try this sample rhythm, then adjust it to your schedule and needs.

A 30-MINUTE WIND-DOWN

30 min	Dim the lights and wrap up work or household tasks.
20 min	Choose a calm activity: reading, quiet music, or gentle breathing.
10 min	Set out what you need for morning; make the room comfortable.
Bedtime	Get into bed when you feel ready to sleep. Keep the routine flexible.

MY SMALL SLEEP-SUPPORTING PLAN

My usual wake-up time: _____

One cue that helps me wind down: _____

One change I want to try this week: _____

A 7-NIGHT NOTICING LOG

Mark a dot after a night you tried your chosen cue.

1 ○ 2 ○ 3 ○ 4 ○

5 ○ 6 ○ 7 ○

WHEN TO CHECK IN WITH A HEALTH PROFESSIONAL

If sleep difficulties continue, affect your daytime functioning, or include loud snoring, gasping, or breathing pauses, talk with a healthcare professional. They can help look for causes and options that fit you.

General wellness education; not a diagnosis or a substitute for individualized medical care.

Sources: nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits | cdc.gov/sleep/about/