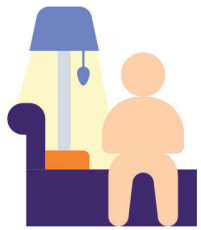


5 Tips for Sleeping Better

SLEEPING WELL IS ESSENTIAL TO HAVING A HEALTHY LIFESTYLE AND DISPOSITION.



**1 em cada 3 brasileiros
SUFFER FROM INSOMNIA.**

**More than 73 million
Brazilians have trouble
getting a good night's sleep.**

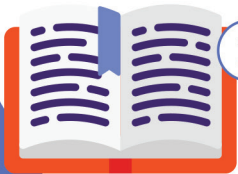
Source: Brazilian Sleep Association

Have a look at some small changes you can make on your routine that can help you sleep better:

1

CREATE A SLEEP ROUTINE:

Try to go to sleep and wake up at the same time every day to help set your body's internal clock (or circadian rhythm).



2

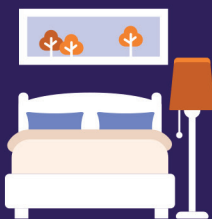
RELAX BEFORE BED:

Spend the last hour before bed doing a relaxing activity, such as reading a book or meditating.

3

REPAIR YOUR ROOM:

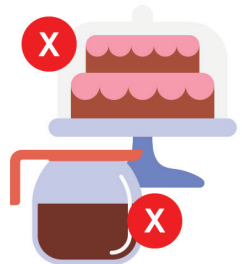
Make your room quiet and dark. Try removing distractions such as TVs and computers. No laptops or cellphones in bed!



4

AVOID ALCOHOL, CAFFEINE AND HEAVY MEALS IN THE EVENINGS:

These three factors affect the quality of your sleep and increase the likelihood that you'll wake up at night.



5

EXERCISE:

Exercising regularly helps control the anxiety and relieving stress. However, intensive exercise at night can disturbing the quality of sleep.



IF YOU FIND THAT EVEN AFTER CHANGING YOUR HABITS, YOUR SLEEP IS STILL IMPAIRED, IT IS TIME TO SEEK MEDICAL HELP.

