First Stop Health

Don't let sleepless nights get you sick

Getting enough sleep is essential for health, boosting immunity and aiding recovery. Ready for some Zzzs? Try these tips to relax your body and mind.

Choose a consistent time to go to wake up and go to bed each day.

Create a relaxing environment using sleep sound machines or aromatherapy.

Make sure your bedroom is cool, quiet and dark.

Limit blue light exposure before bed.

Have as few electronic devices in your bedroom as possible.

Don't eat large meals or drink caffeine or alcohol before bedtime.

If you want to start sleeping better and feeling better talk with your First Stop Health Virtual Primary Care provider to create a personalized care plan that works best for you.

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