



# Health and Wellness Tip of the Week Week 22 – May 27, 2019

## Having Trouble Sleeping?

If you build healthy sleeping habits but still have trouble sleeping, keep a 10-day record. This will help you and your doctor see what things are impacting your sleep and maybe a few things to work on.

Keep track of when you:

- Go to bed
- Fall asleep
- Wake up
- Get out of bed
- Take naps
- Work out
- Drink alcohol
- Drink caffeinated drinks

*Source: Centers for Disease Control and Prevention*

### City of Mission

Human Resources Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8631

Our mission is to promote health awareness and encourage healthy lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

