

# Mission In Motion

## Health & Wellness Weekly Bulletin

### May 2012—Sleep



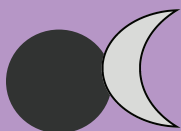
May 1, 2012—Week 1

### Not getting your 40 winks?



Then you're one of the 63 percent of Americans who don't sleep the recommended eight hours needed for good health. Try these tips for a better night's sleep:

- Maintain a regular bed and wake time schedule, including the weekends.
- Establish a standard, relaxing bedtime routine, such as soaking in a hot bath, reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet and comfortable.
- Finish eating at least two to three hours before your regular bedtime, and avoid caffeine, nicotine and alcohol.
- Exercise regularly, but complete your workout at least three hours before going to bed.



Source: National Sleep Foundation



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