

Mission In Motion

Health & Wellness
Tip of the Week
Week 24



June 10, 2013

Does getting enough sleep seem like a dream? There is rest for the weary with these practical tips:

- Go to bed and wake up at the same time every day.
- Develop a bedtime routine.
- Avoid eating, talking on the phone or watching television while you're in bed.
- Keep your bedroom quiet and dark.
- Leave the room if you have trouble sleeping and sit quietly for 20 minutes before going back to bed.

Source: American Academy of Family Physicians

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