



# Health and Wellness Tip of the Week Week 20 – May 13, 2019

## Healthy Sleeping Habits

Getting the right amount of hours of sleep is important, but getting the right kind of sleep is also key. Be sure to practice healthy sleep habits to get the most from your snooze.

- Be consistent with your bedtime
- Make your bedroom quiet, dark, soothing and at a comfy temperature
- Remove any electronics such as TVs, computers and smart phones
- Avoid large meals, caffeine or alcohol close to bedtime
- Exercise during the day

*Source: Centers for Disease Control and Prevention*

### City of Mission

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

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

