

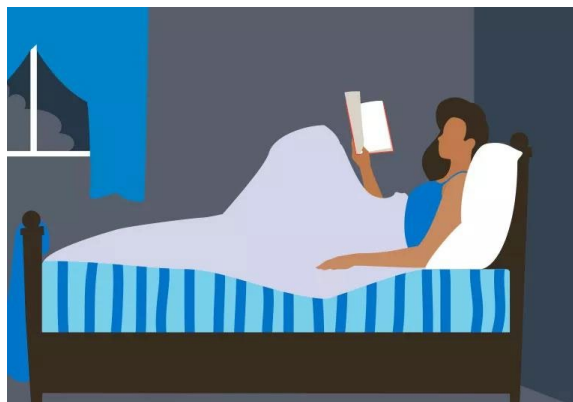
Resource Guide

[September 2025]

Healthy Habits with your CMD: Tip to Help You Sleep Better

Sleep is essential because it allows your body to rest and repair itself. This can then improve your overall physical and mental well-being. In today's world, work stress, screen use, and busy schedules can make falling and staying asleep a challenge for many people. Here are some tips to help you restore your sleep:

- Avoid consuming caffeine after 12pm
- Try to be active during the day
- Stop eating within 2 hours of bedtime
- Shut down screens at least 2 hours before going to bed
- Begin a process to relax about 1 hour before going to sleep
- Keep your bedroom dark, cool, and quiet



To learn tips and strategies to improve sleep hygiene visit our [Employee and Family Assistance](https://www.one.telushealth.com) website at www.one.telushealth.com or call 1-844-880-9137.