



Rest easy for better health

Sleep gives your brain time to grow, repair cells, and rebuild energy.¹ If you're having trouble sleeping, you're not alone – about 1 in 3 Americans struggle with falling and staying asleep.² But you can rest easy with these tips and tools to help you get a better night's sleep.

Create a relaxing routine

Developing a consistent bedtime routine signals your body that it's time to wind down. Try activities like deep breathing, meditation, or light stretching to relax before bed. Avoid using electronic devices, as blue light can interfere with melatonin production.

Nourish your sleep

Your diet plays a key role in sleep quality. Incorporate sleep-friendly foods and drinks like almonds, bananas, and herbal teas to promote relaxation. And avoid caffeine and heavy meals late in the evening to support uninterrupted rest.

Move for better sleep

Staying physically active during the day can help regulate your sleep cycle. Try simple stretches or moderate exercise to promote deeper, more restful sleep. Aim for at least 30 minutes of movement but avoid intense workouts close to bedtime.

Visit kp.org/sleep for more resources on how to rest and recharge for a healthier, happier you.

1. Eric Suni, "What Happens When You Sleep?" Sleep Foundation, December 22, 2023, **2.** Sandee LaMotte, "Sleep Deprivation Affects Nearly Half of American Adults, Study Finds," CNN, November 8, 2022.

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