

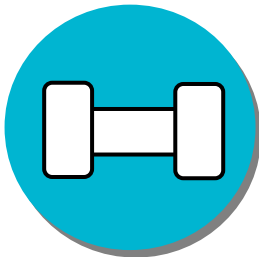
INVEST IN YOUR WELLNESS:

GO TO BED!



Prepare yourself for bedtime. Start with a dark and cool bedroom. Light can disrupt your circadian rhythm and a cool temperature can help your body relax.

Limit consumption before sleep. Avoid alcohol, caffeine and nicotine 4-6 hours prior to your bedtime. Alcohol will disrupt your sleep and caffeine and nicotine will make falling asleep more difficult.



Did you sweat today? Exercising regularly helps produce energy and can reduce stress, anxiety and depression. Physical activity wears the body out, making bedtime a breeze.

Check out Virgin Pulse, a free online and mobile wellness platform available to benefits-participating employees and their benefits-participating spouses/partners! Virgin Pulse can help you track and monitor your sleep habits through the "Sleep Guide" program.



If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.



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