



Tech-free sleep

Spending nights off the grid can improve your health

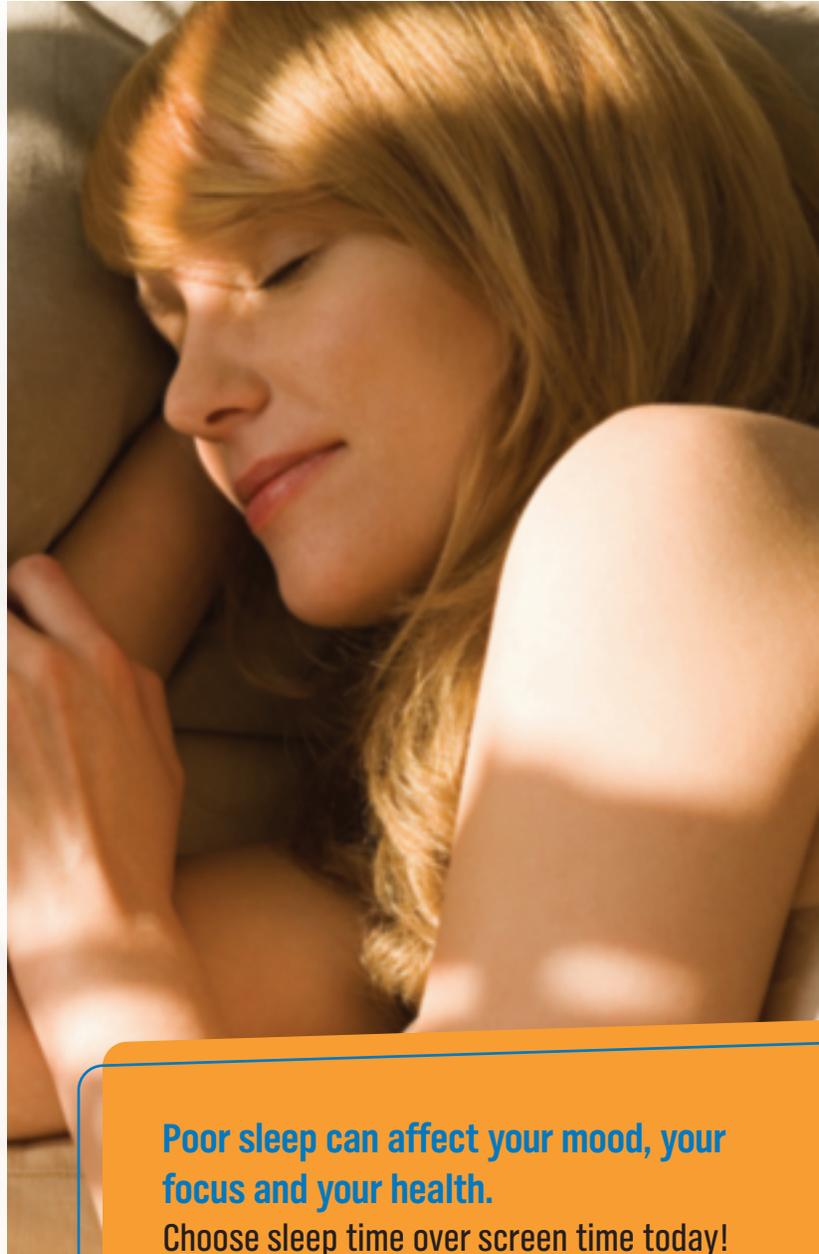
Is your smartphone or tablet the last thing you see before dozing off and the first thing you wake up to? That could cost you a good night's sleep. Because when you look at a device, your brain is being stimulated rather than relaxed. The result: groggy mornings and less productive days.

Adults regularly getting less than seven hours of sleep a night are also increasing their risk for:

- Weight gain
- High blood pressure
- Adult onset diabetes from high blood sugar
- Heart disease
- Stroke
- Mental health issues

If your tech needs aren't in sync with your sleep cycle, don't worry. These five simple tweaks can help you sleep better and longer:

- **Move it.** Charge your device far from your bed, where you won't be tempted to sneak a peek in the middle of the night.
- **Dim it.** That bright blue light coming from your screen? It can mess up your body's natural rhythms and production of melatonin, a hormone that regulates the sleep-wake cycle. So dim your screen or use a red filter app at night.
- **Set it.** Don't trust yourself to turn it off? Set a bedtime alert and stick to it.
- **Lock it.** Losing yourself for hours online? Yes, there's an app for that — an app-blocking app.
- **Block it.** Avoid late-night notifications or unwelcome calls. Select the "do not disturb" mode on your device for uninterrupted shut-eye.



Poor sleep can affect your mood, your focus and your health.
Choose sleep time over screen time today!

Source: American Heart Association: *How to Sleep Better with Tech Tweaks* (accessed December 2019): heart.org.

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