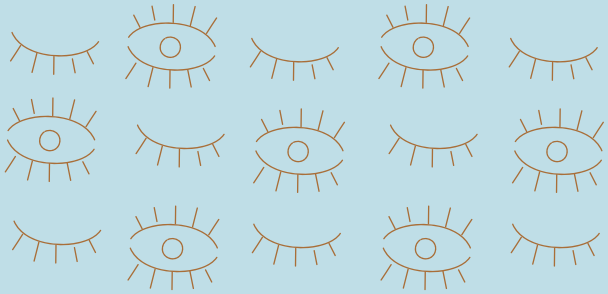
Sleep well.



What's happening while you sleep?

Your body is busy boosting immunity, reducing stress, preventing chronic disease, getting you ready for a great day tomorrow.

But is it healthy sleep?

It's about quantity and quality. For most adults, that's 7 or more hours each night. Without waking up frequently. And going to bed and waking up at about the same times each day.

Get the most out of sleep.

A few tips:

- **Turn off electronic devices 30 minutes before bedtime**
- **Avoid caffeine in the afternoon or evening**
- **Make your bedroom quiet and relaxing**
- **Don't go to bed unless you are sleepy**

Talk sleep.

Your doctor can help you understand sleep better. And help you get the sleep your body needs. So, start the conversation, even if you don't think you have a sleep problem.

Learn more about the vital role sleep plays in your health. And read more tips to help you sleep well. Go to **sleepisgoodmedicine.com**.

Sleep is good medicine.

AASM American Academy of SLEEP MEDICINE™