

# TIP OF THE WEEK



## Catch Your Zzz's

*Getting your daily 7-9 hours is important for all aspects of your health. If you aren't getting enough each night, make an effort to get to bed earlier. Your body will thank you!*

## Get 7-9 Hours for these great benefits:

Longer lifespan

To help manage your appetite

Improved immune function

Improved memory

Lower risk of chronic disease

## Try these tips to get better sleep:

Schedule your sleep time.

Avoid stimulants like caffeine.

Keep your bedroom cool and dark.

Exercise regularly - it promotes deeper sleep!

Relieve stress during the day - try yoga, meditation, journaling, or long walks.

**Log your daily sleep** on the *HealthTrails* challenge! [www.utlivingwell.com](http://www.utlivingwell.com)

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make it a priority

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