Birmingham Bar Association
Be Well!

QUICK TIPS FOR
better sleep

- Limit screen time within an hour of bedtime
- Go to bed around the same time every night
- Aim for 7 to 9 hours of sleep each night
- Sleep in a dark, cool room
- Do some light stretching and/or deep breathing to help you relax before bed
- Find a bedtime routine that works for you and helps you wind down each night