

## **REST AND REVIVE**

## Simple solutions for a good night's sleep



## Week 6: What to do if you still can't sleep

If you're not sleeping better after just a few weeks, don't worry. Making lasting behavior changes takes time – and you can't fix everything all at once. A better approach is to pick one area where you're confident you can make a healthy change, set a doable goal, and go for it. If you accomplish it, take some time to enjoy that feeling – then set another goal and repeat.

With that in mind, here are two questions you might want to ask if you still can't sleep:

- What do you do right before bed? Arguing with a family member, watching a scary movie, zoning out online? Try taking 15 to 30 minutes to relax before bed. It will help you unwind from your busy day and go to sleep with a quiet mind.
- Are you getting enough physical activity? A little more
  activity each week can make a big difference in how you
  sleep each night. Try yoga, riding a bike to work, or even
  just taking the stairs instead of the elevator.

Those are just a few ideas to get you going. But if you think you have a serious sleep condition, you should always consult your doctor.

## Keep building on small successes

To learn more about how little behavior changes can lead to big health improvements, check out this **video series** with B.J. Fogg, PhD, of Stanford University.

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