

Use the Outdoors

To Improve Your Sleep

~ Manage your stress levels each day by connecting with nature or spending time outside

~ Spend time outdoors moving more, sitting less and exercising with increasing intensity

~ Set your body clock by going outside for some early morning natural light

~ Follow a consistent daily routine that includes getting up and going to bed with the sun, avoiding blue light and stimulating activities in the evening and getting plenty of physical activity

~ Model and incorporate healthy routines for your children, family and friends – you'll all sleep better!

~ Bring soothing aspects of nature that you associate with rest and sleep into your sleeping environment