nutrition tip

sleep and our health

01 Build a sleep routine for your schedule.

Aim to go to sleep and wake up at roughly the same time each day, with some variance on the weekends.

02 Aim for 7-9 hours of sleep each night.

Adequate sleep is important for our mental health, enhancing our immune system, regulating appetite, and reducing stress.

03 Create good sleep habits.

Aim to go screen-free, including tv's, laptops, and cell phones, at least 30 minutes before sleeping, avoid caffeine too late in the day, and eat a light snack before bedtime if you're hungry.

more sleep tips:

- Switching to caffeine free tea or decaf coffee may help promote better sleep and reduce anxiety at night.

- If you find yourself overly hungry at night, you might not be eating enough during the day. Aim to eat every ~2-3 hours during the day.

- Aim to eat within 1 hour of waking to fuel your body & brain, increase mental focus, and prevent extreme hunger at your next meal.