

# I Need Sleep... There Is No Time!



According to a Centers for Disease Control (CDC) study, more than one third of U.S. adults are not getting enough sleep on a regular basis. But achieving better sleep is important for the whole family. The following sleep hygiene tips applies regardless of age:

- Create a relaxing bedtime routine
- Dim the lights after dark
- Unplug from electronics
- Keep the room cool and comfortable
- Get regular exercise

A few more suggestions for parents or caregivers:

- Set limits on homework hours
- Prioritize tasks, including school or extracurricular activities
- Take breaks
- Set a “No screen time” rule for 1-hour before bed

**If you need support in creating healthy sleep habits, please reach out to your EAP.  
800-236-3231 or [www.aah.org/eap](http://www.aah.org/eap)**

Resources: <https://bettersleep.org/blog/managing-homework-and-bedtime-routine/>