

# RESILIENCY

## Resiliency In The Moment: The Importance of Sleep



“I finally got 8 hours of sleep. Took me 4 days, but whatever.”

– Anonymous

**Set and achieve a goal to get to sleep on time tonight.**

### **Additional tips for better sleep habits:**

- Go to sleep at the same time each night, and get up at the same time each morning, even on the weekends.
- Stay away from caffeine and alcohol late in the day.
- Don't eat a heavy meal late in the day.
- Make your bedroom comfortable, dark, quiet, and not too warm or cold.
- Talk with a doctor if you continue to have trouble sleeping.

Experts recommend 7-9 hours of sleep per night. How do you know if you're getting enough sleep? It's pretty simple. Do you frequently feel tired during the day? If you find yourself often feeling lethargic, constantly yawning, and having difficulty staying awake while sitting still (during meetings, watching TV, etc.), your body is letting you know you need more sleep!

Visit [thrivebybjc.org](https://thrivebybjc.org) for your employee well-being resources at BJC

**Need more help?** Employee assistance is available at [bjceap.com](https://bjceap.com) or (314) 747-7490