

**FIVE TIPS FOR GETTING BETTER REST**

With National Sleep Awareness Week approaching (March 7-13), BodyMedia offers these suggestions for countering insomnia:



- > Make it a habit to go to bed at the same time each night.
- > Five hours before bedtime, stop consuming caffeine.
- > Don't work out, eat or play video games just before bedtime; reserve that time for quieter pursuits, such as reading.
- > Don't try to fall asleep to a blaring television or loud music.
- > Stop drinking alcoholic beverages 4-6 hours before bedtime.

For more information, go to [www.bodymedia.com](http://www.bodymedia.com).

