

# With the power of sleep, peace of mind is in the cards

If you slept well last night, you likely feel renewed energy, stamina and focus. But what if you didn't? We live in a fast-paced world powered by technology and 24-hour access to stress-inducing developments affecting our work, families, health and finances. According to a New York Times health report, approximately 60 million Americans are impacted by insomnia, caught up in a vicious cycle of stress and anxiety that prevents sleep. Lack of sleep leads to daytime sleepiness or fatigue that, in turn, increases stress and anxiety and again prohibits natural sleep. So, what can you do to promote proper sleep and recovery?

Add these mindful techniques to your bedtime routine:

## Gratitude



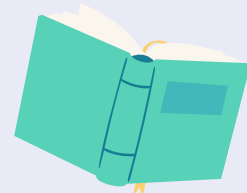
Take time at the end of each day to focus on the positive aspects of your life to help balance your mind.

## Meditation



Empty your mind of distractions and slow down the speed of mental processing with a singular focus.

## Reading



Enjoy a good book (preferably a paper one to avoid the blue light from a screen) for a positive mental break, to help you unwind and even fall asleep.

## Reflection



Keep a journal to reflect on your day, process feelings and track personal developments.



More than 1/3 of American adults are not getting enough sleep on a regular basis.

Sources: Centers for Disease Control and Prevention, New York Times, Willis Towers Watson

To learn more go to [sleepcharge.com/ascip](https://sleepcharge.com/ascip) or scan the QR code.



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