

## Joint Health Command



### Sleep Tips

- ➔ Having a regular routine just before going to sleep will improve sleep even in an operational environment.
- ➔ If possible, try to finish eating at least 2-3 hours before your regular bedtime.
- ➔ Exercise regularly but it is best to complete your workout at least a few hours before bedtime.
- ➔ Avoid caffeine (e.g. coffee, tea, some soft drinks, chocolate) close to bedtime. It can keep you awake or wake you during the night.
- ➔ Avoid nicotine (e.g. cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- ➔ Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.