

# Sleep better: Five habits for a good night's sleep

How much you sleep at night may affect how you feel during the day. And it goes beyond feeling alert and energetic. That's because while you sleep, your body works to support your brain function and overall health.

When you don't get enough sleep, it affects how well you think, learn, and get along with others. Over time, lack of sleep can affect your heart health, immune system, and weight.



## Five habits to help improve your sleep

### 1 Stick to a schedule.

Go to bed at the same time every night so your body knows what to expect.



Choose a bedtime that lets you get 7-8 hours of sleep. And try to get up at the same time every day.

### 2 Stay active during the day.

Regular exercise can improve how well you sleep and how fast you fall asleep.



Try for 30 minutes of light exercise during the day.

### 3 Cut back on caffeine.


Research shows eating and drinking foods with caffeine reduce total sleep time by 45 minutes.<sup>1</sup>



Avoid coffee and other beverages with caffeine in the late afternoon and evening. If you crave a cup of coffee in the afternoon, drink decaf.


#### 4 Avoid evening screen time.

Smartphones, computers, tablets, and televisions give off blue light. And that can make your brain think it's daytime. So, your body produces less melatonin, an essential hormone that helps you get deeper sleep.<sup>2</sup>

 Experts recommend you stop using smartphones, computers, tablets, and televisions two hours before bedtime.

#### 5 Find the right room temperature.

When your room temperature isn't comfortable, you spend more time awake and less time in deep sleep.

 Try different room temperatures to find the right one for you. For most people, the ideal room temperature for sleeping is 60–67 degrees Fahrenheit.<sup>3</sup>



#### HAVE TROUBLE FALLING ASLEEP OR FEELING RESTED?

Talk to your doctor. Or explore helpful tools and resources available through your health plan.

**For more information**  
text the word **SLEEP** to **44652** or  
email **ContactHBC@evernorth.com**

**Evernorth Health Services<sup>SM</sup>**  
provides evidence-based care in the home including wellness and preventive care, primary care, and specialty care services.

To learn more, go to  
[https://www.evernorth.com/  
in-home-health-care-services](https://www.evernorth.com/in-home-health-care-services).



<sup>1</sup> [Caffeine May Delay REM Sleep, Alter Blood Flow to the Brain](#), Medical News Today, 2024.

<sup>2</sup> [Blue Light: What It Is and How It Affects Sleep](#), The Sleep Foundation, 2024.

<sup>3</sup> [What Is the Best Temperature for Sleep?](#), Healthline, 2019.

The information contained in this brochure is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

Evernorth Health Services creates pharmacy, care and benefits solutions that include Home-Based Care, a suite of health care service solutions provided by various Evernorth affiliates. Clinical services are provided by licensed health care providers through medical practices managed by and/or contracted with Evernorth Home-Based Care's health services management organization, as well as by other network providers. Clinical services delivered through MDLIVE's virtual care platform are provided by medical practices affiliated with MDLIVE, Inc. Medical management, utilization management/utilization review, network management, and third-party administrator services related to the Evernorth Home-Based Care suite of solutions are provided by eviCore healthcare MSI, LLC, an Evernorth affiliate.