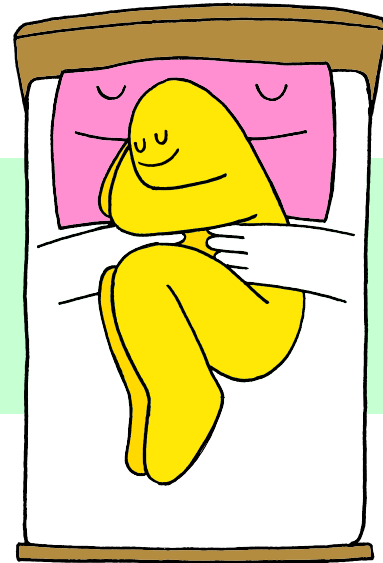


# Sleep

MAKE ROUTINE A KEY TO YOUR ZZZZ.



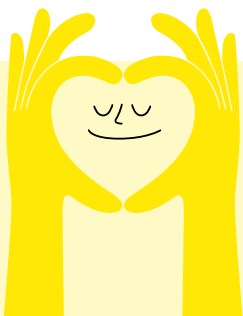
**Want to rest easy? Try to go to bed and wake up at the same time every day.\***

Sleep is the Swiss Army knife of health, explains neuroscientist Matthew Walker, director of the Center for Human Sleep Science at the University of California, Berkeley.

“No matter the ailment, it’s more likely sleep has a tool within the box that will see you well.” Sleep is the single most effective thing we can do to reset our brain and body health each day, Dr. Walker writes in *Why We Sleep*.

His evidence fills 368 pages of the bestselling book. Just for starters, he explains that proper sleep has the power to boost brain power and decision-making, charge the immune system and lower blood pressure.

Dr. Walker has lots of bedtime tips—avoid screens, dim lights an hour before bed, lower the thermostat—but sticking to a routine tops his list of advice.



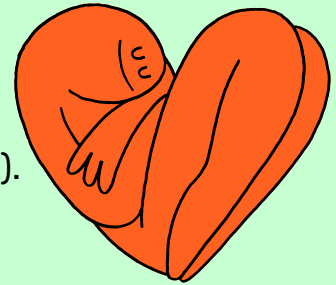
**\*TOO BUSY FOR ROUTINE?**

Try to get more sleep on Wednesdays and Sundays.

# Do your own sleep research

## FOR ONE WEEK:

1. Track your sleep.
2. Measure your energy – from 0 (really low) to 10 (super high).
3. Observe the connection.



DAY	HOURS OF SLEEP	ENERGY LEVEL
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		