

Texas Tech University HSC presents:

SNOOZE FEST

14% OF AMERICANS DON'T GET ENOUGH SLEEP.

This can lead to long term and serious health consequences.

This month, join our challenge to improve your overall health by striving for 7-9 hours of sleep each night.

- **Week 1:** Add a stress relieving exercise to your nightly routine (ie: walk after dinner, stretch before bed).
- **Week 2:** Take 30 minutes away from all screens (TV, computer, phone) before bed.
- **Week 3:** Set a bedtime alarm for you and each member of your family.
- **Week 4:** Avoid all alcohol, caffeine, and liquids for 1-2 hours before bed.

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