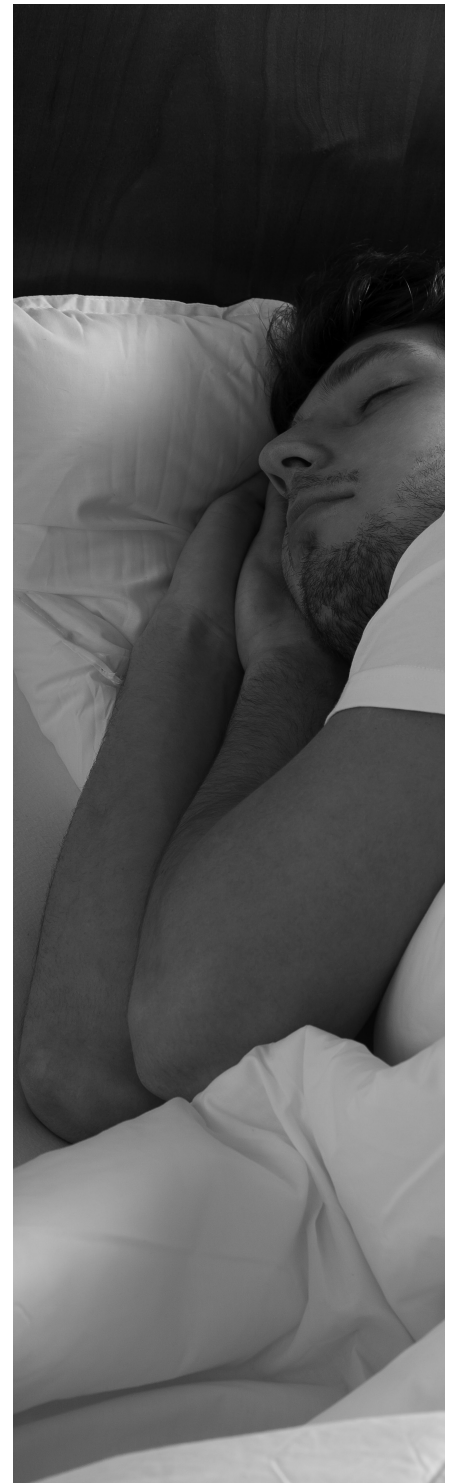


Week 1

Healthy Zzzs

Getting a good night's rest can help lower your stress levels. Try using these tips to help you sleep better:

- Keep a regular sleep schedule - find your ideal sleep schedule by going to bed and waking up naturally without an alarm. Then stick to getting up and going to bed at the same time.
- Avoid using electronic devices at least one hour before bed
- Black out your bedroom with dark curtains
- Avoid bright lights before bed



healthy changes
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