

Week 2

Healthy habits

Keep focusing on your sleep patterns. Nail down these healthy habits to help you sleep better and stress less:

- Create a bedtime routine (reading, bathing, listening to music, etc.)
- Avoid caffeine, alcohol, and large meals before bedtime
- Exercise regularly
- Manage your thoughts (anxiety, anger, etc.) on a daily basis by practicing relaxation techniques



healthy changes
everything.®



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