



# TIPS FOR A GREAT NIGHT SLEEP

**SLEEP DEPRIVATION IS COMMON AMONG FIRST RESPONDERS.  
HERE ARE 4 PRACTICAL TIPS TO IMPROVE YOUR SLEEP.**

**10**

**HOURS BEFORE YOU SLEEP  
NO MORE CAFFEINE**

**3**

**HOURS BEFORE YOU SLEEP  
NO MORE FOOD OR ALCOHOL**

**2**

**HOURS BEFORE YOU SLEEP  
NO MORE WORK**

**1**

**HOURS BEFORE YOU SLEEP  
NO MORE SCREEN TIME**



**We are here to help.**

[thecounselingteam.com](http://thecounselingteam.com) | 800.222.9691

*This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.*

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