



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 | 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.

©2024 The Counseling Team International v05.2024

