



American Heart Association.

Healthy for Good™

# CLEAN UP YOUR SLEEP HYGIENE.

Is your phone keeping you up at night? With a few tweaks to your tech habits, you can wake up more refreshed and ready to face the day.



## **MOVE IT.**

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



## **DIM IT.**

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



## **SET IT.**

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.



## **LOCK IT.**

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



## **BLOCK IT.**

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

