



Tip 1: To help reduce your stress, get 7-8 hours of sleep per night. A 15-30 minute power nap can re-charge you, as well.

Tip 2: Sleep deprivation increases your stress response, raising blood pressure and cortisol (a stress hormone). Elevated cortisol in turn makes it harder to fall asleep and stay asleep.

Tip 3: Having trouble falling asleep? Limit alcohol and caffeine 6 hours before bedtime and finish your exercise 3-4 hours before bedtime.

Weekly Exercise: Side Stretch



Exercise Instructions:

- 1.) Stand up straight with your feet together, fingers interlaced at chest level.
- 2.) Turn your palms away and raise your arms overhead.
- 3.) Lengthen your arms, torso and legs. Relax your neck and hold for a count of five.
- 4.) Now bend slowly to the right and hold for a count of five.
- 5.) Return to the starting position.
- 6.) Then gently bend to the left and hold for a count of five.

**For more wellness tips and activities, visit <http://livewellshinebright.methodisthealthsystem.org>*