



CATCH A *few more* ZZZ's

HOW YOU FEEL DURING THE DAY IS OFTEN A REFLECTION OF THE AMOUNT OF SLEEP YOU GET. Getting enough quality sleep at the right times can protect your mental and physical health as well as improve your quality of life.

KNOW THE SIGNS

Learn whether or not you're getting a good night's [sleep](#).

BE PATIENT

It takes time to change sleep behaviours and see positive results, so use a [sleep diary](#) to track your progress.

USE PROFESSIONALS

Sometimes making changes yourself isn't enough. Try reaching out to your physician for additional [support](#).

STICK TO A SCHEDULE

A [regular schedule](#)—even getting up at the same time on weekends—can increase the amount and improve the quality of sleep you get each night.

EXERCISE REGULARLY

[Exercise right, sleep tight!](#) By taking part in regular physical activities that you enjoy—especially ones that get your heart rate up—you can improve your sleep quality and duration.

Visit [The Sandbox](#) for more great ideas and to connect with other wellness champions from schools across Alberta. To learn more about how ASEBP can support the health and wellness of staff in your school jurisdiction, contact an [ASEBP workplace wellness liaison](#).