



## Hello, Wellness Enthusiast!

Use your monthly Health Kit for support as you promote wellness. Share the materials - email, print, and post!

### Improve Your Sleep

There's not much in life that's better than a good night's sleep. And there's not much worse than not getting a good night's sleep. This month, we're going to provide you some great information about sleep. Following these guidelines just might help you get some deep and restful sleep.

[Poster:](#) Print and display our *poster*, 5 Things to Avoid for a Better Night's Sleep as a reminder of things to avoid before bed times.

[Crossword Puzzle:](#) Flex your brainpower with our *crossword puzzle* based on Improving Your Sleep.

[Recipe:](#) Just before bed, consider a serving of our **Almond Rice Pudding**. Almonds are a great source of magnesium and magnesium may help you get a better night's sleep. Check out our nutty *recipe* this month.

[Click here](#) to learn how to set yourself up for sound slumber. To learn more about how to eat right to sleep better, click [click here](#).

[90 Seconds:](#) Clinical Specialist Michael has some sleepy tips to offer in our *90-second video* on **Sleep Health and "Blue Light"**.

[Coaching Moment:](#) Coach Judy has a challenge for you that could help you get more shut-eye. Check it out in our *Coaching Moment*.

[Podcast:](#) Download and snuggle in with our podcast, **Preparing for Sleep**.

[Additional Info:](#) Log into the wellness portal for even more articles on this topic / Acceda el portal de bienestar para ver más artículos sobre este tema: Sleeping Better / Como dormir mejor. Summer is finally here! Check back next month as we give you some out-standing tips on *Getting Out-side* !