

# DON'T LET YOUR **ELECTRONICS** GET IN THE WAY OF YOUR SLEEP

If you're having trouble sleeping, your phone and other electronic devices may be to blame. Researchers at Harvard found that using your phone, or any electronic device, before going to bed can derail your sleep schedule and prevent a good night's sleep.

## WHAT CAN YOU DO?

To prevent the harmful effects of electronic devices, there are a few steps that you can take, including:

**Refrain from using your phone for at least an hour before bed.**

**Check your device's settings for a "nighttime" mode, which adjusts the screen lighting to promote sleep.**

**Set your device's sound settings to "silent" so that you don't get woken up by texts or emails while you're trying to sleep.**

**Try reading a book or meditating to relax before bed instead of using your phone or watching TV.**

