



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.

