



Rest well

Get back to better sleep

Between busy work schedules and other stresses, it can be hard to fall asleep and stay asleep. But getting enough rest is essential to your health and well-being.

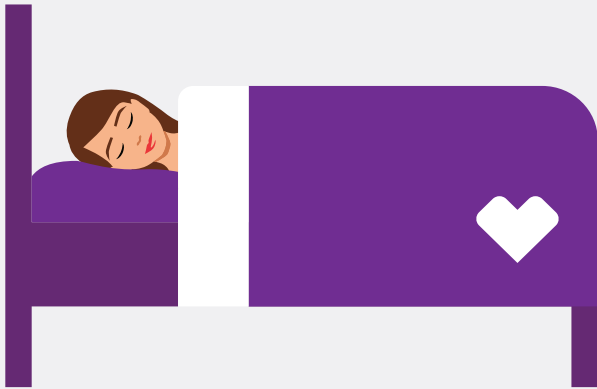
Not getting enough sleep is associated with:¹

- A higher risk of diabetes, heart disease, depression and obesity
- Moodiness, poor judgment and an inability to learn and retain information
- Lack of alertness, which can lead to serious accidents and injury

¹Centers for Disease Control and Prevention. Sleep and sleep disorders. April 15, 2020. Available at: [CDC.gov/sleep/index.html](https://www.cdc.gov/sleep/index.html). Accessed September 25, 2020.

Simple tips for sounder sleep

There are things you can do for more restful sleep.



MAKE YOUR ROOM A TECH-FREE ZONE

Also adjust the lights, temperature and anything else that might affect your sleep.

AVOID LONG OR LATE NAPS

Short naps can be beneficial, but avoid naps later in the day.

FINISH EATING EARLIER

Eating or snacking before bedtime can interfere with your sleep.

LIMIT ALCOHOL AND CAFFEINE

Having alcohol or caffeine close to bedtime can affect the quality of your sleep.

EXERCISE REGULARLY

Get 30 minutes of physical activity, but no later than two to three hours before bed.

HAVE A BEDTIME RITUAL

Find ways to relax. Try taking a warm shower or bath, reading or listening to soothing music.

Talk to your doctor if you have any concerns about your sleep.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to **Aetna.com** for more information about Aetna plans.

[Aetna.com](https://www.aetna.com)

©2021 Aetna Inc.
45.03.928.1 (8/21)

