

Set Sleep Schedules for Health and Performance



For healthy sleep, consistency is key.

Repeating your daily bed/wake times is good for health.



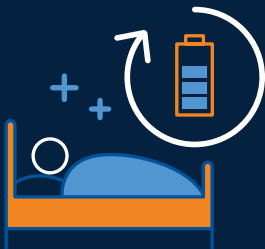
Consistent bed / wake times can improve your:

- Mental health
- Physical health
- Performance



Three steps towards consistent sleep are:

- Prioritize your sleep
- Use bedtime reminders and wake-up alarms
- Keep to your wind-down routine



It's okay to make up for lost sleep.

- Catch-up sleep can help most people start to recover from sleep debt
- Keep to 1–2 hours of extra sleep on non-work days