

## Go dark for better sleep - and better mornings



Your nighttime habits may be hurting your morning routine. Many electronic devices, such as smartphones, computers and tablets, give off blue light. This type of light boosts energy – and can interfere with sleep.

If you wake up feeling groggy in the morning, try shutting off the electronics two to three hours before bedtime. And, make sure you get out and see some daylight and other bright lights during your waking hours. This can help set your body's internal clock, telling you when to wind down at bedtime and then rise the next day.

*Source: Harvard Medical School*