



## Look After Your Body

**Practice good sleep hygiene by avoiding screens at least 30 minutes before bed. Instead, try reading, drawing, or mindfulness as a relaxing nighttime routine.**

**For More  
Resources Visit**

<https://doingwell.mit.edu>  
or scan the QR code



## Did you know...



Exposure to artificial blue light right before bed is disruptive to your sleep. Research has found a correlation between suppressed levels of melatonin & exposure to blue light that smartphones emit. Melatonin controls your sleep-wake cycle, & when low, you can experience insomnia, tiredness, & irritability. Blue light also throws off your circadian rhythm, which is what tunes your body to light & dark. It's why you feel more tired at night & more energized in the morning.

(Harneet Walia, MD, 2019)

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