



BJA
Bureau of Justice Assistance
U.S. Department of Justice



**Always
Be
Consistent**

ABCs of Good Sleep Habits

To learn more, visit:
www.valorforblue.org

- ✓ Obtain 7–9 hours of sleep
- ✓ Establish consistent sleep and wake times
- ✓ Limit distractions at bedtime
- ✓ Keep a quiet, dark, and cool bedroom
- ✓ Avoid large meals, caffeine, alcohol, or exercise before bedtime

Source: <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

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