

BEWARE OF ZOMBIES!

A
HORRIFYING
TRANSFORMATION

Only regular rest can reverse the zombification process. Don't delay! Use these tips for better sleep:

- Make time for physical activity. Regular exercise improves the quality of your sleep.
- Keep the same bedtimes and wake-up times every day, or within one to two hours of usual times.
- Eliminate caffeine and nicotine usage late in the day. These are both stimulants and will keep you awake.
- Avoid alcohol in the evenings. Alcohol causes night-time awakenings, which disrupts deep sleep patterns.
- Turn off all electronics including your TV, computer, video games, and cell phone.
- Reserve your bed for sleeping. This signals to your brain that it's time to sleep.
- Tackle your to-do list before bed. Worrying can keep you awake.

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