

TOOLS AND RESOURCES FOR HEALTHY WEIGHT AND WELL-BEING



Sleep and Stress Management

Getting enough quality sleep and managing everyday stress are central parts of a healthy lifestyle and are critical for the body and brain.



Sleep Tips

Here are sleep hygiene tips that increase overall health and help to maintain a healthy weight:¹⁹

- Make your sleep environment comfortable to allow for uninterrupted sleep.
- Keep a consistent sleep schedule of 7–9 hours each night for most adults.
- Follow a bedtime routine that helps you fall asleep.
- Practice waking and daytime habits that contribute to good quality sleep, such as:
 - Have a fixed wake-up time.
 - Get daylight exposure.
 - Don't overdo daytime naps.
- Be physically active.
- Don't smoke.
- Limit alcohol, especially late at night.
- Cut down on caffeine in the afternoon and evening.
- Don't eat late.
- Turn off screen time in bed, such as phone use and late-night scrolling. Set a digital curfew at least 30–60 minutes before sleep.

19. These tips are drawn from the following sources, which offer more details: [Harvard Health](#) and the [Sleep Foundation](#).





Stress Management Tips

Stress management is just as important as sleep hygiene for maintaining a healthy weight. The following guidance can help you reduce stress and deal with it more effectively:²⁰

Actions to Help in a Stressful Situation

- Reduce extra noise and information to the brain, such as putting away your phone or turning off the TV.
- Consider how you spend your time. This includes making plans for relaxation and fun.
- Set healthy boundaries; avoid too much time on one thing.
- Take a break—with a walk, music, or something else you enjoy.
- Ask for help—reach out to loved ones, friends, and people you trust.

Emotion-Based Skills to Feel Better When Stressed

- Talk to someone about how you feel. Or write or draw your feelings to release them. Holding in your emotions increases stress.
- Focus on small goals and wins you can achieve, one step at a time.

- Challenge your negative thoughts and beliefs: identify the thought(s) driving your emotion(s); name evidence that does and doesn't support those thoughts; and consider both sides so your thought or belief is more realistic.

Acceptance Skills for Stress You Can't Control

- Use self-care: eat healthy, get enough sleep, and exercise.
- Acknowledge your stress (mindfulness), try to remain positive, and shift your focus as needed.
- Try relaxation techniques, such as deep breaths, visual imagery (picture a calming scene in your mind, with details), and relaxing your muscles one by one.



20. These tips are adapted from the following source: Johns Hopkins Medicine.