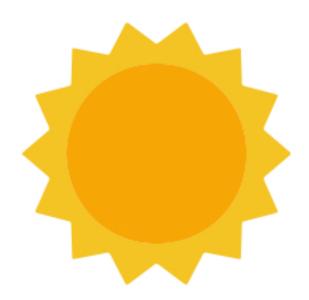# HEALTH TIP

3 TOP-TIPS FOR BETTER SLEEP

More than ever, research has proven that adequate sleep is a bodyguard for your brain.

Check out these tips to help you sleep better:

Get outside – every day.
Exposure to natural light – especially in the early parts of the day – helps the body's internal "clock" activate and regulate the body's sleep-wake cycle.

Avoid blue light – at night.
The abnormal light emitted from screens can suppress the body's production of melatonin – an essential sleep hormone produced by the brain.

Move more – time it right.
Engaging in regular exercise is known to enhance restorative sleep, just make sure to do it at least three hours before bedtime.