

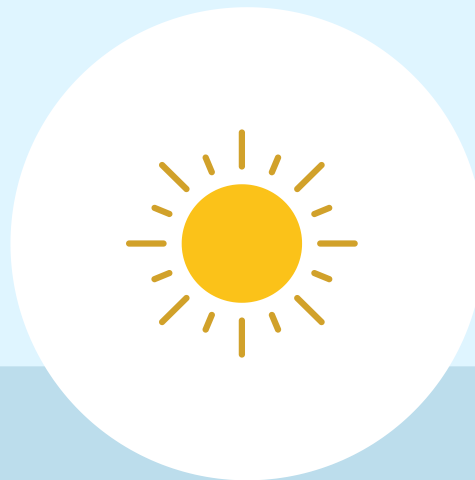
You know exercise  
is good for your  
body but,  
did you know it can  
help you sleep  
better too?



### Morning

Studies have shown that morning aerobic exercise leads to deeper sleep.

Exercise in the early daylight helps align your circadian rhythms making you feel more alert during the day and appropriately tired at night.



### Mid-Day

People who exercise in the afternoon report falling asleep faster and feeling better when they wake up.

Endorphins released during exercise help control stress which is commonly associated with sleep problems.



### Evening

Ninety minutes or more prior to bed, a low-intensity workout that doesn't elevate your heart rate or body temperature too much, can relax the body and prepare the mind for sleep. Good activities to try are stretching, yoga and meditation.





# Exercise & Sleep

## Sources:

<https://www.sleep.org/exercise-time-of-day/>

<https://sleepanddreams.com/?p=140>