

Better Sleep = Better Health



Sleep is important!

Getting enough sleep can help with:

- Your mood
- Memory and problem-solving
- Motivation and alertness
- Maintaining a healthy weight
- Fighting germs
- Repairing cells and tissues



Better sleep is within reach.



Try these tips:

- **Stick to the same sleep schedule every day.** This can help set your body's clock, which helps you fall asleep more easily.
- **Get regular exercise.** It can help you have longer and deeper sleep cycles.
- **Limit caffeine and alcohol.** Both can cause you to wake up during the night.
- **Avoid heavy meals less than 4 hours before bedtime.** Indigestion and heartburn can keep you awake.
- **Cover up digital clocks, cell phones, or other devices.** Even a small amount of light can upset your natural sleep cycle.

Sleep aids can also help.



From Daylight Savings
Time to jet lag to pain,
life is full of sleep stealers.

- **If pain is keeping you awake, you're not alone. Sleep and pain problems often go hand in hand.** Try a product that combines a pain reliever (such as acetaminophen) with a medicine to help you fall asleep (such as diphenhydramine).
- **If pain isn't the problem, you can try a sleep aid with just diphenhydramine, which is non-habit forming when used as directed.**

**Talk to your doctor if you
have any questions or
concerns about your sleep.**

Or try a supplement.



- **To get your sleep routine back on track, try a product with melatonin, which works with your body's natural rhythms to help you fall asleep.***

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Zarbee's® Sleep and TYLENOL® PM are not substitutes for one another and should not be taken together.

From the
makers of

TYLENOL
PM

Simply
Sleep

ZARBEE'S
INSPIRED BY NATURE

For more support and education on sleep,
visit Tylenol.com and Zarbees.com