In the midst of these uncertain times, it may be overwhelming to think about what you can do to protect yourself and your loved ones. It helps to focus on small, doable steps. We’re sharing simple tips for staying healthy and supporting your immune system.

Even one or two nights of quality sleep can boost your immune system. Studies have found that individuals who average 7-8 hours of sleep at night are less likely to get an infection and, when they do, recover faster.

Start tonight: set an alarm on your phone to start getting ready for bed 30 minutes earlier than you normally would. Try something to help yourself relax just before bed, like reading a book or listening to music, to help you get into a more restful place.

For more tips and support, see if you’re eligible for the Omada program at no additional cost to you. This digital lifestyle change program can help you move more, eat healthier, sleep better, and manage stress—one small step at a time, and all online.

omadahealth.com/universityofrichmond

Sources: