

October 2024 Wellness Tip: Restore Your Sleep _ Body Scan Meditation

Most adults thrive on 7-9 hours of sleep each night. Getting enough rest is a simple yet powerful way to boost your health, mood, and productivity. So, why not make sleep a priority? Even aiming for at least 6 hours can make a big difference.

When it comes to winding down and preparing your mind and body for sleep, the **Body Scan** technique is one of the most soothing and easy-to-use tools. To help you try it out, we'd love to share a calming audio track for guided Body Scan meditation, thoughtfully prepared by UCLA Health.

<https://d1cy5zxxhbcbbkk.cloudfront.net/guided-meditations/Body-Scan-for-Sleep.mp3>

**More guided meditation resources can be found on the UCLA Health webpage, with various languages available.

**The Employee Assistance Program at UT provides many resources for you to manage your sleep time.

<https://eap.utexas.edu/stress-reduction/restore-your-sleep>