

How to Get More and Better Sleep

- ◆ You should be getting between 7-9 hours of sleep, but quality is more important than quantity. You can ensure you get more deep sleep by avoiding caffeine, alcohol, nicotine, and reducing noise and light which can wake you up.
 - ◆ Usage of phones, TV's, tablets, and computers, which all emit blue light, disrupts your circadian rhythm, which is the cycle that tells your body when its time to sleep and wake up. Avoid using these devices 1-2 hours before bed.
 - ◆ It's best to wake up and go to sleep at the same time everyday. This helps set your body's internal clock and optimize the quality of your sleep.
 - ◆ Create a bed time ritual and make it a regular habit. Even when you don't feel tired your brain will associate the ritual with preparing to sleep.
- ◆ Avoid sleeping in on weekends, as this disturbs your internal clock. If you need to make up for a late night out, opt for a daytime nap.
 - ◆ Be smart about napping. Limit napping to 15-20 minutes in the early afternoon. Taking longer naps has been associated with the increased risk of type 2 diabetes.
 - ◆ Avoid drinking too many liquids in the evening. Drinking lots of fluids can cause frequent bathroom trips throughout the night.
 - ◆ Keep your bedroom at a cool temperature and keep noise and lights to a minimum. Most people sleep best in a slightly cool room.
 - ◆ Keep phones and clocks away from beds to reduce the light disrupting your sleep.



If You're Having Trouble Sleeping:

- ◆ Don't stay in bed: its best to find an activity that is somewhere between stimulating and boring—like reading a few chapters of a book
- ◆ Don't drink alcohol: alcohol lowers your arousal threshold which means noises are more likely to wake you up
- ◆ Don't surf the web: the blue light keeps you from getting sleepy
- ◆ Don't consume caffeine: it takes 6 hours for caffeine to leave your body so try to not drink coffee, tea, or some sodas in the evening
- ◆ Don't work out late at night: exercising increases your heart rate and metabolism which can cover up yours body's signals that its time for bed
- ◆ Don't work in bed, watch TV or read: use your bed for sleep only. You want your brain to associate the bed with relaxation and sleep.



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Danielle Perry

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