

SLEEP TIPS



Tips for a Better Night's Sleep

Try to go to bed at the same time each night and wake up at the same time each morning, regardless of how much sleep you've had. Sticking to a schedule helps set your biological clock.

Limit your use of caffeine before bedtime. Caffeine in coffee, soda, tea, and chocolate can hinder sleep. Don't consume any caffeine four to six hours before your usual bedtime.

Drink alcoholic beverages in moderation, if at all.
Consuming alcohol before going to bed can interrupt deep sleep.

Don't smoke. Nicotine is a powerful stimulant.

Ask your doctor or pharmacist if any of your medications could be disrupting your sleep. Some over-the-counter pain relievers have as much caffeine as two cups of coffee.

Exercise regularly. Thirty minutes of exercise three or four times a week will help you sleep better and deeper because exercise helps reduce mental and physical stress.

Don't overeat or under eat in the evening. Eating high-fat foods or large quantities of food for dinner can interfere with sleep because they're difficult to digest. Likewise, an empty stomach can prevent deep sleep.

Find ways to manage your stress, anxiety, and depression. Meditation, deep-relaxation therapy, positive self-talk, or professional help may offer relief.

Set aside a time to worry early in the evening. If you often lie in bed thinking of what you should have done during the day and what you have to do tomorrow, make a plan for dealing with those distractions. Try making a to-do list so you don't stay awake fearful you'll forget to do something important.

Create a good sleep environment. Keep the temperature in your bedroom cool at night; the ideal

temperature is in the mid-60s. Keep the room dark by installing heavy draperies or a light-blocking shade.

Check your bed. Trying to sleep on a bed that's too hard or too soft is difficult. A bed that does not provide adequate comfort and support can contribute to or cause a sleep problem.

Not Getting Enough Sleep?

Not getting enough sleep doesn't just make you tired – it can make decision-making and safety a problem. So what happens when you don't get enough rest?

Consequences of Not Getting Enough Sleep

People who haven't had enough sleep:

- Misjudge their risk for accidents
- May not notice errors
- Are not as attentive or aware
- Have less accuracy

Lack of sleep has been shown to lead to:

- More time needed to make decisions
- Errors in reasoning
- Problems remembering information
- Slower reaction times
- Problems with manual dexterity
- More injuries

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