

Sleeping Well

Sleeping well is key to feeling good and staying healthy.

What will sleeping well do for me?



Manage stress and depression



Maintain brain health



Be more productive



Drive safely



Avoid chronic illness



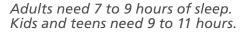
Maintain healthy weight

Proven ways to sleep better

Stick to a schedule

Every day, do these things at the same time:

- Get up or go to bed
- Eat, take medicine, exercise



Build a natural sleep rhythm around your bed time

6 hours before bed

Avoid caffeine (coffee, soda, chocolate) and alcohol.



3 hours before bed
Avoid heavy exercise. Exercise earlier in the day.

2 hours — before bed

Avoid big meals. Eat well and drink water earlier in the day.

Avoid tobacco.

Dim the

lights.



1 hour before bed

Avoid screens. *Eat a light snack if you're hungry.*

Create a relaxing routine to quiet down.



Save your bedroom for sleeping

Your bedroom is just for sleeping.

It should be:

- Quiet and dark
- Cool temperature, comfortable pillow and bed
- Free of pets



Use a different room for:

- TV and other screens
- Working



Be careful about sleep medicines

Ask your doctor before taking sleep medicines if you:

- Drink alcohol or use drugs
- Take prescriptions, especially pain medicine
- Are over 60
- Use heavy machinery
- Have sleep apnea, breathing problems, or glaucoma
- Have an enlarged prostate
- Are pregnant or nursing

Instead try: herbal teas, reading, music

Is napping okay?

It depends:

- If you sleep well, but just don't sleep enough
- If you have trouble getting to sleep at night



Talk with a doctor if:

- You snore loudly and have moments of not breathing during sleep
- Sleep problems get in the way of your daily life and last more than a month

You Can Learn to Sleep Well

To make new daily routines, you need to experiment to find what works best for you.

Pick something you want to	I want to try:	Be honest with yourself about what you are
do now.		really ready to work on.

You'll learn what works for you	u by trying and creating your own	plan. Follow the steps below.
1 Make a Plan. Planning	g out the details will help you su	cceed.
Pick a small step	Prepare	Think ahead
Pick a small step toward your goal.	What resources could help? (Eye mask? Ear plugs?)	What might get in the way or make this harder?
	Who will support you? (Spouse? Family member?)	What can you do when that happens?
Connect this step to a prompt or reminder.	What changes to your environment would help? (Curtains? A fan? Remove pets from bed?)	What will inspire you to keep going?
2 Act and Track. Try out	t your step for a defined period.	
Start date: H	ow will you keep track of what	you do? (An activity tracker?)
Review date: W	/ho will you be accountable to?	
Reflect and Adjust. you keep learning. Adjust	You can learn from whatever ha your plan and keep going.	appens. There's no failure if
How did it go, and what did	l you learn?	
What will be your next smal	l step?	

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Be sure to celebrate what you did and what you learned!

