

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



Adults need 7 to 9 hours of sleep.
Kids and teens need 9 to 11 hours.

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 **YES**
- If you have trouble getting to sleep at night **NO**

YES

NO

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 do now.

I want to try:

Be honest with yourself about what you are really ready to work on.

You'll learn what works for you by trying and creating your own plan. Follow the steps below.

1 Make a Plan. Planning out the details will help you succeed.

Pick a small step

Pick a small step toward your goal.

Connect this step to a prompt or reminder.

Prepare

What resources could help?
(Eye mask? Ear plugs?)

Who will support you?
(Spouse? Family member?)

What changes to your environment would help?
(Curtains? A fan? Remove pets from bed?)

Think ahead

What might get in the way or make this harder?

What can you do when that happens?

What will inspire you to keep going?

Keep trying and learning

2 Act and Track. Try out your step for a defined period.

Start date: _____ How will you keep track of what you do? (An activity tracker?)

Review date: _____ Who will you be accountable to? _____

3 Reflect and Adjust. You can learn from whatever happens. There's no failure if you keep learning. Adjust your plan and keep going.

How did it go, and what did you learn? _____

What will be your next small step? _____

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

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