

Sleep Awareness: Seven Steps to Better Sleep!



Try these steps, as suggested by the National Sleep Foundation, to better sleep...

Make the Time: Most adults need 7-9 hours of sleep to function properly. Make appropriate adjustments to get to sleep on time!

Digest: Leave at least two hours between eating and going to bed. By allowing time to digest before bed you will get better sleep.

Power Down: Blue light from screens (TV, phone, computer) can disrupt the circadian rhythm, affecting your ability to sleep; this is due to alerting signals that electronics send to the brain. Turn off mobile devices before bed and refrain use at least one hour prior to sleep.

Create a Sleep-Promoting Environment: Find a comfortable mattress, pillow and bedding. Paint the walls a cool-feeling color. Keep the room dark and wear an eye mask. Use a white noise machine if distractions keep you up.

Create a Bedtime Ritual: Deep breathing, stretches and relaxing music can help your body wind down to prepare for sleep.

Set Troubles Aside: Keep paper and pen by your bed to write down stresses and worries prior to sleep. Get them out of your mind so your brain can focus on sleep!

Limit Caffeine and Alcohol: Alcohol may help sleep onset but it can negatively affect the body's ability to sleep deeply and continuously. Caffeine is a stimulant; it's effect on the body can last for hours so best to refrain mid-afternoon onward.