

SLEEP TIPS



AVOID

Stimulants, like caffeine and nicotine, after 1:00 p.m. ◀



Alcohol, within 2 hours of bedtime ◀

While alcohol can make you feel drowsy and help you fall asleep, it compromises the quality of your sleep afterward and can result in waking throughout the night. Alcohol can also interfere with REM sleep.

Large meals before bed ◀

Fatty, spicy, or citrus foods and carbonated beverages promote indigestion and can keep you from getting a good night's rest.



Medications that inhibit sleep ◀

If you're on a medication that's keeping you up at night, ask your doctor if there's an alternative you can switch to. Do not stop taking medication without first consulting your doctor.



Bright lights and electronic devices with screens, such as laptops, tablets, and smartphones, at least an hour before going to bed ◀

Watching the clock and lying in bed for extended periods when not sleeping ◀

Don't remain restless in bed or count the hours that pass by. Move to another area to practice relaxation and meditation techniques, then return to the bed.



Napping during the day, or if necessary, doing so for longer than 30 minutes ◀

You can't make up sleep debt by sleeping in on the weekends or napping during the day. The only way to pay back sleep debt is by changing your lifestyle to allot more time for sleep each night.



PURSUE

▶ **Consistency—by establishing a nighttime routine, and going to bed and waking at the same time every day**

▶ **Good sleep hygiene**

Establish regular bedtimes and wake times, as well as cutoff times for drinking. Learn how to combat condition-related stress during daylight hours so you're not worrying in bed. Keep track of your progress in a sleep journal.

▶ **Exercise during the day to improve quality of sleep. Try not to work out within a few hours of going to bed, as doing so can keep some people awake**

▶ **Scents to calm the body**

The aromas of lavender, jasmine, and vanilla tend to have a soothing effect and may promote relaxation.

▶ **Sleep aids, including fans and humidifiers, white noise machines, earplugs, eye masks, and blackout curtains**

▶ **Speaking with a professional**

Discuss potential therapies and treatments, such as cognitive behavioral therapy (CBT), sleep restriction, melatonin supplements, and prescribed medications.

Sources: ADAA.org, CDC.gov, healthysleep.med.harvard.edu, Sleep.org, Sleepfoundation.org

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