

BETTER SLEEP – BETTER HEALTH AND WELL-BEING

Good DAY AND NIGHT routines and self-care habits improve sleep

Poor sleep makes you cranky, feel unwell, affects your energy level, and makes it harder to focus and think clearly. It may lead to weight gain and can increase the risk of diabetes, heart disease, and other medical conditions.

WHAT IS A GOOD SLEEPER?

- Good sleepers usually fall asleep within 30 minutes of lying down.
- Some may still wake up 1 or 2 times at night.
- Everyone has trouble sleeping 1 or 2 nights now and then.
- Aim to get at least 7 hours per night and make changes as needed.

FIND WHAT HELPS YOU SLEEP BETTER – PICK SOMETHING BELOW TO GET STARTED

DAYTIME ROUTINES



- ☐ Set an alarm. Get up at the same time every day, even weekends. Wake time: _____
- ☐ Do not nap if it stops you from sleeping at night. If you must nap, keep it to 30 minutes in the early afternoon.
- ☐ Get plenty of bright light and sunshine during the day, the sooner the better.
- ☐ Exercise (aerobic is best) at least 30 minutes most days to stress less and think more clearly. Avoid heavy exercise within 2 to 3 hours of bedtime.
- ☐ Don't eat big meals close to bedtime; a small healthy snack is okay if you are hungry.
- ☐ Avoid drinking too much liquid close to bedtime.
- ☐ Avoid nicotine, caffeine, and alcohol, especially within 4 hours of bedtime.

BEDTIME ROUTINES



- ☐ Go to bed at the same time, even on weekends. Bedtime: _____
- ☐ Set an alarm for about an hour before bedtime to let you know it is time to de-stress and slow down.
- ☐ Do not take problems to bed. Make a "Worry list" or "To Do list" for the next day.
- ☐ Turn down brightness of device screens and lights.
- ☐ Relax before bed. Avoid activities and tasks that grab your attention and are hard to stop like work assignments, video games, last minute checks of work email or social media.
- ☐ Take a hot bath or shower before bedtime.
- ☐ Teach yourself different ways to slow down, calm down, and fall asleep. Try something simple like picturing a day at the beach. Learn meditation, deep breathing, or relaxation techniques.

SLEEP-ONLY ZONE



- ☐ Keep a cool, dark, inviting bedroom...comfortable mattress, clean bed linens, a weighted blanket, an eye mask, a small night-light if needed.
- ☐ Remove distractions...no work in the bedroom, place cell phone and other electronic devices at a distance, no pets or TV if they keep you up.
- ☐ Get rid of the noises that bother you and find sounds that calm and relax you like a sound machine, ceiling fan, gentle music.
- ☐ Any time you can't fall asleep after 20 to 30 minutes, get up and go somewhere quiet with low lights. Stay off your cell phone and other electronic devices. Do something that makes you sleepy.
- ☐ Don't watch the clock in bed at night. Try a nondigital or sunrise alarm clock.

**Keep up with your healthy sleep habits, even if you are prescribed a sleep med for a short time (2 to 4 weeks).
Frequent use of sleep meds can make you dependent on them.**

TAKE ACTION FOR BETTER SLEEP

- Make healthy sleep ideas into habits if they help you. Change things up if they quit working.
- Talk to your provider if you continue to have trouble sleeping. Sleep disorders, other medical conditions, certain medications, and things like rotating shift work can make it harder to get good sleep.
- Keep a Sleep Tracker for a couple weeks to get facts about your sleep and what changes it. You will have a better idea of what is going on to share with your provider instead of making a guess.

SLEEP TRACKER

Start date: End date:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fill out in the morning							
I went to bed at:							
I woke up at:							
When I woke up, I felt: 1—Wide awake; 2—Awake but a little tired; 3—Sleepy							
Other comments about your sleep							
Fill out in the evening							
How sleepy did I feel during the day? 1—Struggle to stay awake during much of the day; 2—Somewhat tired/fairly alert; 3—Wide awake							
Exercise times and how long							
Number of caffeinated drinks and time of last one							
Number of alcoholic drinks and time of last one							
Nap times and how long							
I used a phone or device 1 to 2 hours before bed: No / Yes							
Other comments about your day							