

Tips for Better Sleep

Sleep problems are common and, if allowed to go unaddressed for very long, may lead to other health issues. These issues may include poor reaction times, drowsiness while operating a motor vehicle or machinery, poor decision making and vulnerability to illness due to a compromised immune system. The experts at the National Sleep Foundation suggest six tips to take to help improve sleep!

Create a consistent bedtime routine

Develop a nightly ritual and routine. This will help train your body and mind that it is time to rest. For instance, dimming the lights, brushing your teeth and washing your face may be part of a routine.

Put worry to bed

Learn to put your worries to bed so that you can get some rest. Try writing or journaling about your day and then be done with it. Allow yourself to let go of it for now so that you can fall asleep and commit to solving the problem tomorrow.

Retire to bed at the same time every night

Those who go to bed at the same time each night are more rested and sleep better than those who go to sleep at different times.

Avoid alcohol and caffeine

Both caffeine and alcohol interfere with and disrupt sleep. Limit any type of stimulant and alcohol several hours before bedtime.

Wake up without an alarm

When it is possible, wake up without an alarm to determine the true number of hours of sleep your body would like to receive. Typically, those who do not need an alarm, wake up rested and refreshed due to waking at a normal waking point in the sleep cycle.

Take a Powernap

If you are fatigued and tired, avoid taking a long nap. Long naps often interfere with nightly sleeping patterns. The National Sleep Foundation recommends short power naps (10-30 minutes) to overcome an afternoon slump.