



## Tips for Better Sleep

Sleep problems are common and if 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 and other experts suggest some measures and five 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 the 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 to several hours before bed time

**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

### Naps

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

