

Good Sleep Matters
Your Sleep and YOU

Sleep Facts and How They Affect **Your Wellness**



NorthCare Network

Quality Sleep Matters – Part 3

SLEEPING HEALTHY means getting the right **quality** as well as **quantity** of sleep you need. ***Both aspects of sleep affect wellness.*** In Part 3, you will learn how to develop **better habits to promote sleep.**

How to Sleep Better: Sleep Hygiene. Just like we wash our hands to be clean and promote health, we can have habits that increase the quality and quantity of our sleep. **These habits are called “Sleep Hygiene.”**

By using **sleep hygiene**, you can retrain your mind and body and increase the chances of getting a good night’s sleep. Each person’s solutions will be unique. These solutions will depend on everyone’s personality, physical and mental health, age, and other factors.

Sleep Hygiene: Habits to Improve Sleeping.

- *Try to go to bed and wake at a similar time each day (as often as possible). This helps to condition your body to an established sleeping pattern. If possible, avoid naps, or keep them brief (around 15 minutes or so).*
- *Get regular exercise, 20 to 30 minutes a day. This can help you sleep better at night. Avoid rigorous exercise before bed. Instead, try stretching or doing yoga near bedtime as this can help relax your muscles.*
- *Be sure your mattress and pillows are comfortable. Keep posture, particularly your neck and back, in a neutral position. Use support pillows if necessary.*
- *Use a mattress cover to avoid dust mites. Keep the bedroom clean to decrease allergies.*
- *Create a calm sleeping environment. Keep the room slightly cool and dark. If you are a light sleeper, you may need noise to help you fall asleep. Use a fan or white noise device to muffle sounds.*
- *Keep electronics, like TVs and computers, out of your bedroom.*





- *Be sure to eat a small meal several hours before bedtime. You can have a light snack just before going to bed but avoid stimulants like alcohol, caffeine, and cigarettes.*
- *Relax and slow down before going to bed. Perhaps watch a movie with a happy ending, take a warm bath, listen to soft music, or read a good book. Engage in whatever activities relax you best.*
- *Before falling asleep, forget your worries (worrying won't help anything). Instead, focus on happy, relaxing memories. Take deep, slow breaths and gradually empty your mind. Allow yourself to be tired and fall asleep.*

By adopting the behaviors above, this should increase your chances of getting both better quality and quantity of sleep. Adult should get, on average, eight hours of sleep per night.

What Does Healthy Sleep Look Like?

- *You fall asleep within 15 to 20 minutes of lying down to sleep.*
- *You regularly sleep a total of seven to nine hours in a 24-hour period.*
- *While in your bed, your sleep is continuous—you don't have long periods of lying awake.*
- *When you wake, you feel refreshed, like you've "filled the tank."*
- *You feel alert and are productive during waking hours. **Note:** it's natural for people to feel tired during waking hours, but with healthy sleep alertness returns.*
- *Your partner or family members do not notice sleep behaviors such as: snoring, pauses in breathing, restlessness, or other disruptions.*



If you have persistently poor sleep which continues for a month or more, check with your doctor and behavioral health provider.

It's Your Choice.

SLEEPING HEALTHY helps prevent or manage such conditions as **chronic pain, depression, diabetes, high blood pressure, heart disease, and obesity.**