

Did you know?

- We all need quality sleep in order for our brains to function normally.
- Lack of sleep can make us jumpy, irritable, agitated, and “moody.”
- Lack of sleep can also lead to impaired thinking -- this includes our ability to pay attention, process new information, and solve problems.



How do I make new habits?

- One of the first steps to getting better sleep is to use the bedroom only for sleeping. Try to refrain from activities such as the computer, TV, and reading while in bed.
- Try to turn the bedroom into a safe, calm, and inviting environment. Keep the area simple and uncluttered. Try to maintain a dimly lit, quiet, and cool environment.
- A relaxing bedtime ritual such as stretching, meditation, or listening to soothing music every night will start a cue for your body to slow down and relax.
- Try and go to sleep around the same time every night. If sleep does not occur within 20 minutes of bedtime, heading to another room to do something relaxing under dim light (reading, puzzles, etc.) can help calm the mind. Return to your bed when you start feeling sleepy. You can repeat this if necessary.
- Try to avoid caffeine and alcohol at least 6 hours prior to bedtime; also, avoid heavy meals late in the evening.
- Don't go to bed hungry either. Light dairy products (such as a small yogurt) may help with sleep.
- Be mindful of signs of stress during sleep, such as hand clenching or teeth grinding. Consult your doctor if these things occur.
- Be conservative with prescription sleep aids as they do not promote natural sleep. Consult your doctor regarding the use of all sleep aids.
- Try to leave bed around the same time every morning. Upon rising, stare into a light source for 5 minutes to promote a natural sleep-wake cycle. Attempt at least 10 minutes of aerobic exercise if possible.

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