



Establishing Sleep Health

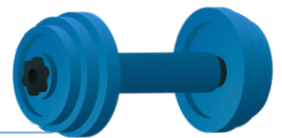
Sleep deprivation leads to poor performance & weakened cognitive abilities. Learning to sleep well in stressful environments and when anxiety is high, although challenging, is possible & can help maximize wellness. It is a skill worth developing and prioritizing.

DEVELOP SLEEP READINESS

Train your circadian rhythm by implementing routines. Avoid electronic devices, find your favorite pillow, listen to music or take a shower before bed.

EXERCISE

Work out at least 30 minutes early in the day to fall asleep faster at night. This will help reduce night time awakenings.



WATCH WHAT YOU EAT

Stop eating 2-3 hours before bed. Limit caffeine, sugar or other digestive stimulants.



NAP STRATEGICALLY

When predictable nighttime sleep is unavailable, short 30 minute power naps have been found to increase alertness & performance.

GET COMFORTABLE

You spend 1/3 of your life in bed, so you should be comfortable. Consider upgrading or replacing your mattress and/or pillows.

Good Night !!

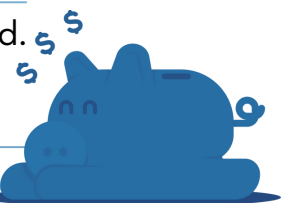


GO TO BED SLEEPY

If you aren't asleep in 20-30 mins, get out of bed & do something else.

MAKE SPACE

If thoughts keep you from sleeping, jot them down to relieve your mind.



BANK YOUR SLEEP

If you're on night shift, plan to get 10 hours of sleep a night for week prior to expected sleepless nights.

