

TIPS FOR A BETTER NIGHT'S REST

March Sleep Challenge



Stick to a sleep schedule

Wake up and go to bed at regular times, even on weekends. This regulates your body clock so you fall asleep and stay asleep.



Drink hot tea

Drink hot, caffeine-free tea like chamomile or Sleepy Time tea for a relaxing bedtime ritual.



Listen to a guided meditation

Listen to a guided meditation until you feel tired.



Keep a sleep diary

If you're having trouble sleeping, write down common patterns or issues you may see with your sleep or sleeping habits.



Sleep on a comfortable mattress

Make sure your mattress and pillows are comfortable and supportive. 9-10 years is the life expectancy for most mattresses.



Make your bedroom inviting

Make your room attractive, inviting for sleep and free of allergens. Remove objects that might cause you to slip or fall if you have to get up during the night.



Wear a sleep mask

Wear an eye mask or invest in blackout curtains for your bedroom to block out streetlights, car lights and early morning sun.



Turn the thermostat down

The ideal sleeping temperature for adults is between 60-67°. Add in the use of a fan to help efficiently circulate the cooler air.



Use a humidifier

Use a humidifier in your room to avoid dry sinuses and throat, which may cause snoring or otherwise interfere with sleep.



Exercise

Get 30 minutes of moderate aerobic exercise each day, but not near bedtime. Endorphins and increased body temperature could keep you awake.



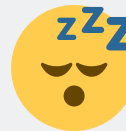
Avoid drinking water before bed

Avoid drinking water or any other fluids at least 2 hours before sleeping to prevent waking up at night.



Get enough sleep

The sleep range for adults between 18-64 years old is 7-9 hours. For 64+ years of age, 7-8 hours is recommended.



Don't oversleep

Too much sleep can be just as detrimental as not enough sleep. You cannot catch up on sleep by sleeping more hours the next night or over the weekend.



Set aside wind-down time

Carve out at least 30 minutes of wind-down time before bed. No electronics.

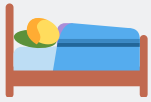


Do a relaxing activity

If you can't fall asleep after 20 minutes of lying in bed, get up and go to another space in the house to do a relaxing activity such as reading or listening to calming music.

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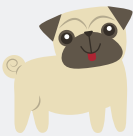
Avoid naps

If you have trouble sleeping, avoid naps, especially in the afternoon.



Resist the urge to snooze

Sleep caught between soundings of that alarm is not high-quality sleep.



Remove pets from the bedroom

We all love our fur babies, but the pets have to go! Establish a separate area or bed for your pet to sleep in.



Avoid caffeine before bed

Caffeine can stay elevated in your blood for 6-8 hours. Drinking lots of coffee or soda after 3 or 4 p.m. is not recommended, especially if you are sensitive to caffeine.



Avoid alcohol before bed

Alcohol can cause or increase the symptoms of sleep apnea, snoring and disrupted sleep patterns, and can reduce nighttime melatonin production. Avoid alcohol before bed.



Consult a doctor

An underlying health condition may be the cause of your sleep problems. If you've always struggled with sleeping, it may be wise to consult with your doctor.



Resolve your concerns before bed

Jot down what's on your mind and set it aside for tomorrow. Organizing and setting priorities can help ease your mind.



Use a white noise machine

If you have trouble falling asleep or are easily awakened, try a sound conditioner or white noise machine.



Use peaceful, relaxing decor

The color of your bedroom decor could affect your sleep. Try neutral colors like blue (calming), pale yellow (happy), light orange (relaxes muscles), silvers (mimics moonlight) and pastel pink (positivity).



Relax with essential oils

Essential oils can help you relax both mentally and physically. Popular oils include lavender, Valerian, sage, marjoram, chamomile, peppermint and bergamot.



Avoid smoking before bed

Nicotine is a stimulant and it increases your heart rate and alertness, so you feel more awake when you're trying to fall asleep.



Sleep in a separate bed

If you or your partner routinely disrupt the other's sleep, don't be afraid to sleep in separate beds. It doesn't mean your relationship is in trouble—it may improve if you are in a better mood and well-rested!



Stretch

Ease aches and pains that could disrupt your sleep by stretching for a few minutes each morning and night.



Take a bath

If you are having trouble sleeping, take a bath. The quick rise and fall of your body temperature will make you drowsy.



Eat healthy foods

If you have trouble sleeping, watch what you eat for dinner, limiting meals that are high in acidity, sugar or spices.