



SLEEP HYGIENE GUIDELINES

SLEEPCARE ROUTINE TIPS

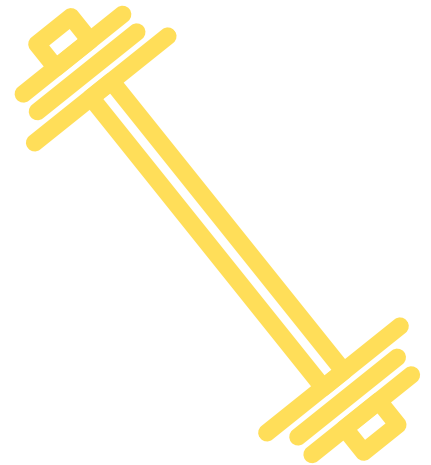
SET YOUR BODY CLOCK



Establish a regular bedtime. Go to bed at around the same time every night and wake up around the same time every morning. Seek out bright light in mornings, this tells your body to get up and start your day. How much sleep do you need? Experiment! This varies for each person. You may need less sleep if you exercise regularly and doing things you enjoy. You might need more sleep if you are under stress or less active.

EXERCISE

Starting the day off with exercise gets your blood circulating, carrying more oxygen to your brain. Brisk walking, biking, yoga, etc. promotes the most restful sleep. Keep physically active during the day, even after a bad night's sleep. A gentle stretching routine for several minutes before getting into bed helps you to fall asleep.



SCREEN : TIME



Avoid screen time 1-2 hours before going to bed. Excessive exposure to bright blue light, from TVs and especially from gadgets held close to the eyes like Smartphones or Tablets, disrupts mood, thinking and SLEEP. Watch TV in a living room or family room. Set a “turn-off” time for all gadgets. Place phones out of arm’s reach before going to bed. AVOID using smartphones in bed for any reason.



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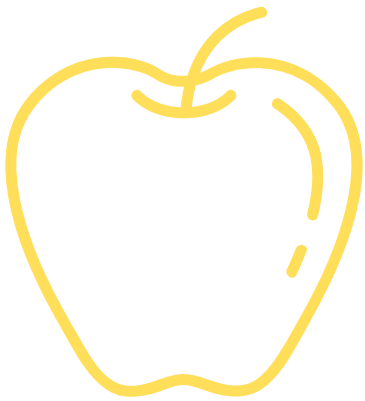
865 Northern Blvd, Suite 102
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SLEEP CARE ROUTINE TIPS

EAT WELL, SLEEP WELL



A light breakfast and lunch to help you stay alert during the day. Do not go to bed on an empty stomach, as well as overeating. Your evening meal can be the biggest meal of the day, but schedule it at least four hours before bedtime so your digestive system will be reasonably quiet by the time you're ready to sleep.

Avoid caffeine and tyrosine-rich foods after about 3PM. Avoid foods that have the amino acid called tyrosine is also recommended, This includes fermented cheeses (cheddar is about the worst; cottage cheese and yogurt are OK), ripe avocados, some imported beers, and fermented meats (bologna, pepperoni, salami). Also avoid red wines.

NOISE

White noise, like a fan running in the background, seems to help some people sleep better. For others, noise can be an interruption. Try particular kinds of music to block out the noise. Instrumentals, no definite melodies, and not a lot of change in the volume. There are many tapes of sounds that aid sleep by quieting the mind, emotions, and body. If desperate, you can try ear plugs that workers use on noisy jobs.



INSOMNIA

Focusing on insomnia makes it worse. It is frequently a symptom of something else--excessive worry or anxiety about grades, money, relationships, etc. A frequent reaction to daily stresses is insomnia, either sleep-onset insomnia or sleep-interrupting insomnia. A good stress-management program helps you learn how to manage those frequent stressors and go more easily through each day.



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