

# SLEEP HELP

Sleep is important. It gives the body time to regenerate and heal. When a person doesn't sleep well, nothing in the human body works well. Sleep deprivation can result in both physical and mental health issues including such problems as obesity, diabetes, cardiovascular disease, Alzheimer's, cancer, depression, anxiety disorders and attentional and cognitive functioning deficits and disorders.

## Consequences of Poor Sleep

Your reaction time slows down

Your cognitive functioning including attention, focus and concentration are impacted.

Memory worsens and learning deficits occur.

Emotions can become poorly regulated. One can become overly emotional or your emotions become muted. Irritability and anger can become more problematic. Anxiety or depression can worsen.

## Here are some tips to help you sleep well

Don't bring your worries or troubles to bed. Use a **Constructive Worry** worksheet.

Wear light and comfortable clothing to bed.

Make sure the bedroom is comfortable and relaxing including the mattress and pillows.

Try to avoid emotionally upsetting conversations and activities before trying to sleep.

Try to associate your bedroom with sleep—Not a good idea to watch TV in your room.

Same time to bed and awake 7 days a week.

No naps longer than 20 minutes 6 to 7 hours before bed.

No heavy meals before bed. Try to avoid eating anything before bed.

Eliminate stimulants such as caffeine, nicotine and alcohol to close to bedtime.

Go outside and get 30-60 minutes of daylight/natural light every day. Daytime light exposure helps you maintain a healthy circadian rhythm (your internal body clock that knows when to sleep, rise and eat).

Minimize blue light from electronic devices like phones, tablets, computers before going to bed.

- Turn down brightness level on your devices
- Put your devices away 1.5 to 2 hours before bedtime
- Use apps like *Twilight*, *NeyerLight*, *Lux* to change the blue light to a healthier red or yellow light
- Wear amber-tinted sunglasses while using your device at night.

Some medications impact sleep so talk to your doctor or pharmacist about other options.

