

Sleep is important.

Healthy sleep habits improve your well-being.

How much sleep do you need?

On average, adults need 7-9 hours each night. Children need up to 12 hours, and babies need even more. While you sleep, your brain forms new pathways that help you learn and retain information. Also, your body repairs muscles, cells and tissues.

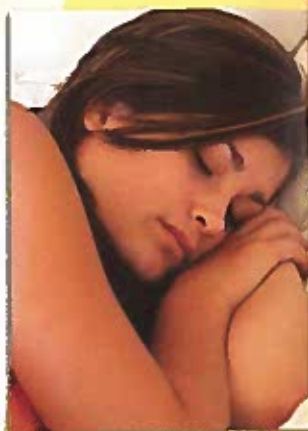
A lack of sleep can have serious consequences.

When you don't get enough rest, your body can't complete the sleep cycles it needs to keep you healthy. This increases your risk for:

- ▶ poor work or school performance
- ▶ mental health issues
- ▶ infections
- ▶ heart disease
- ▶ diabetes
- ▶ obesity.
- ▶ car crashes

Be prepared to adapt.

There are times when sleep patterns get disrupted—for example, because of shift work, a new baby, late-night study sessions, medications, aging or jet lag. Keeping healthy sleep habits will help you better adjust to schedule changes.



Try to get a good night's sleep every night. Here are 10 tips to help...

Please read:

Talk to your health-care provider! This booklet is not a substitute for the advice of a qualified health-care provider.

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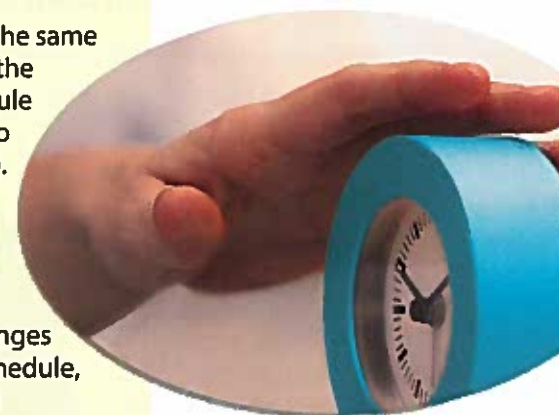
Price List A

1

Keep a regular schedule.

Wake up and go to bed at the same times every day—even on the weekends. A regular schedule will make it easier for you to fall asleep (and stay asleep). This will help you get the amount of sleep you need and give you more energy during waking hours.

If shift work or other challenges keep you from a regular schedule, check out the resources on page 7 for more information.

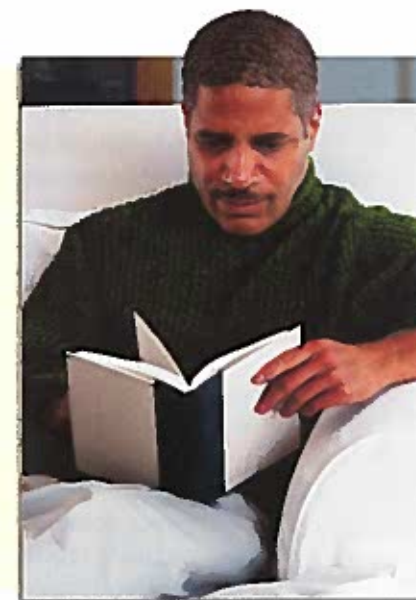


2

Take time to relax.

Set aside time to unwind before going to bed. This will help you get ready for sleep—physically and mentally. For example, you might:

- ▶ meditate or practice deep breathing
- ▶ drink warm milk or caffeine-free tea
- ▶ read
- ▶ listen to music
- ▶ take a warm bath.



3 Make your bedroom cozy and quiet.

- ▶ Choose a comfortable mattress and pillow(s).
- ▶ Use the blankets you need for the season.
- ▶ Keep your bedroom dark and cool (but not cold) at bedtime.
- ▶ Use pillow and mattress covers (to prevent dust mites), and wash bedding and dust furniture often. This limits allergens that can cause sneezing and coughing.
- ▶ Use earplugs or white noise to limit distracting sounds.
- ▶ Avoid staring at the time. Turn your clock away from view (after you've set your alarm).
- ▶ Turn off your cell phone and other possible distractions. Phone calls or other alerts may be loud enough (or bright enough) to wake you up—and keep you up.



4 Use your bed for sleep and sex only.

Don't use your computer or tablet, talk on the phone, watch TV, read or do work in bed. If you do, you might have a hard time "turning off" your brain when it's time to go to sleep.



5 Stay active.

Regular exercise can help you fall asleep faster and get a deeper, more restful sleep. Stop vigorous activities at least 2 hours before bedtime.

- ▶ Get at least 150 minutes of moderate—or 75 minutes of vigorous—physical activity each week.
- ▶ Try to spread your activity throughout the week, getting at least 10 minutes at a time.
- ▶ In addition, do muscle-strengthening exercises at least 2 days each week.

Consult your health-care provider before starting an exercise program.



6 Manage stress.

If you feel stressed or worried, you may have a hard time "shutting off" your thoughts at bedtime. But there are ways you can beat stress. For example:

- ▶ Get organized and prioritize tasks.
- ▶ Ask for help when you need it.
- ▶ Take breaks during the day.
- ▶ Learn relaxation techniques, such as deep breathing.

If you have trouble managing stress, talk to your health-care provider.



7

Avoid napping.

Sleeping during the day can affect your sleep at night (vice versa for night shift workers). If you must take a nap, limit it to 15-30 minutes, and don't take one too close to bedtime.



8

Limit bedtime snacks.

Stop eating 2-3 hours before you go to sleep. If you need a snack, keep it small and healthy. For example, eat a:

- ▶ handful of walnuts
- ▶ banana
- ▶ piece of cheese with whole-grain crackers.



9

Avoid alcohol and caffeine before bed, or choose not to drink them at all.

Even though it's called a "nightcap," drinking alcohol before bedtime can interrupt sleep when its effect wears off. Caffeine (for example, in coffee, chocolate, soda and tea) can also keep you awake. It's best to avoid alcohol and caffeine 4-6 hours before sleep.

10

Get help for conditions that affect sleep.

Sleep apnea is the most common sleep disorder. Symptoms include snoring, headaches in the morning, feeling tired all the time and trouble concentrating. Other symptoms of sleep disorders may include:

- ▶ trouble falling asleep or waking repeatedly
- ▶ waking up feeling like your arms and legs can't move
- ▶ snoring, gagging or coughing in your sleep
- ▶ tingling, restlessness or pain in legs when lying down
- ▶ sleepwalking, night terrors or vivid nightmares.

Don't rely on sleep medication unless recommended or prescribed by your health-care provider. Talk to him or her if you experience any of the above, or if you have concerns about your sleep.



Learn more about healthy sleep.

- ▶ **National Sleep Foundation**
www.sleepfoundation.org
- ▶ **American Academy of Sleep Medicine**
www.sleepeducation.com
- ▶ **American Sleep Apnea Association**
www.sleepapnea.org
- ▶ **National Center on Sleep Disorders Research**
www.nhlbi.nih.gov/sleep or 1-301-592-8573

**Don't snooze on the importance of sleep.
Healthy sleep leads to a more alert, healthier YOU!**