

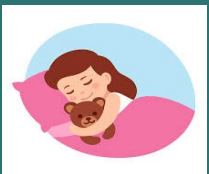
Getting Ready for Bed



A light high protein snack and brushing your teeth makes a good bedtime routine



Use relaxation techniques and don't take your worries to bed...Breathe!



Get into your favorite position! If you haven't fallen asleep in 30 min...get up!

A word about electronics...it's a bad idea to use them prior to bed. They are engaging objects that tend to keep our brain awake and active. Turn them off about 30 minutes prior to bed and begin your bedtime routine.

The goal is to rediscover how to sleep naturally! It may take some time and training BUT you can do it!

Sleep Hygiene



HELPFUL TIPS TO HELP YOU SLEEP BETTER!



Dr. Barbara Whitman Lancaster
Middle Tennessee State University
School of Nursing



WHAT IS SLEEP HYGIENE?

It is a term used to describe good sleep habits. Just like hand hygiene describes the method to wash your hands...sleep hygiene has some tips to help you sleep.

Many of us do not pay attention to our sleeping habits but they are **ESSENTIAL** for health and well-being.

Sleep hygiene entails an awareness of three areas:

- Your personal habits
- Your sleeping environment
- Getting ready for bed

Pretty easy...Let's Go!



YOUR PERSONAL HABITS



Fix a bedtime and an awakening time. The body gets used to falling asleep at a certain time if this is relatively fixed.



Avoid napping during the day...if you do, limit it to 20-30 minutes.



Avoid alcohol and caffeine for 4 hours before bedtime



Exercise is great, BUT, not before bedtime ☹️

Your Sleeping Environment



Use clean, comfortable bedding and a cool room temperature...well ventilated



Block out noise and light...from televisions, computers, lamps and the like...no blue light (screens)

S Reserve your bedroom/bed for the three S's:

- Sex
- Sleep
- Sickness