



Well-being at Home

Habits for Better Sleep

Examine Your Environment

Evaluate comfort, sound, lighting, and temperature to set the mood for slumber in your bedroom.

Practice Relaxation Techniques

Relaxation techniques can help decrease anxiety and stress to prepare the mind and body for restful sleep. Methods include meditation, guided imagery, progressive muscle relaxation, and deep breathing.

Establish a Bedtime Routine

Keep your biological clock in check by creating a relaxing bedtime schedule that starts at the same time each night.

Limit Alcohol

Alcohol may help you fall asleep faster, but it can affect the quality of your sleep. Alcohol can interrupt your natural circadian rhythm and also block REM sleep, which is often considered the most restorative type of sleep.

No Caffeine Before Bed

Caffeine acts as a stimulant, making it harder for you to fall asleep. It takes the body 3-5 hours to eliminate half the amount of caffeine taken in. Experts recommend avoiding caffeine in the late afternoon and evening.

No Electronics

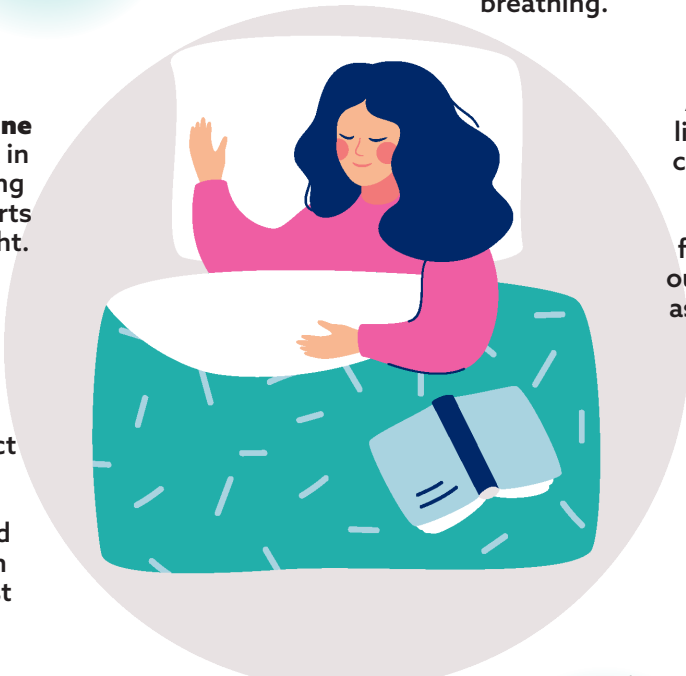
Activities in the bedroom like watching tv, using your computer, or checking your phone can stimulate the brain, making it harder to fall asleep. By taking these out of the bedroom, you can associate the bedroom with sleep.

Limit Naps

Napping during the day can affect sleep at night. If you have to nap, try limiting naptime to less than 30 minutes.

Exercise

Exercising as little as 10 minutes a day can help improve the quality of sleep by helping reset the sleep-wake cycle. During exercise, your body temperature rises slightly, followed by a small decrease to promote sleep.



Resources

<http://sleepeducation.org/news/2013/08/01/sleep-and-caffeine>
<https://www.sleepfoundation.org/articles/how-alcohol-affects-quality-and-quantity-sleep>
<https://www.sleep.org/articles/exercise-affects-sleep/>
<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>