

# Sleep Wellness

*We spend almost 1/3 of our lives sleeping, but how much do we really need?*

*Getting enough & the right kind of sleep is just as important to our survival as food and water. Sleep impacts every organ, tissue and system in the body.*

*Sleep affects how we learn, build new memories and can impact our mood and behavior. It is important to know how vital sleep is and identify strategies to improve or maintain high-quality sleep. Most adults need 7-9 hours of sleep a night.*



*Poor-quality sleep increases the risk of health conditions such as high blood pressure, cardiovascular disease, diabetes, depression, and obesity.*

*Many of those conditions will continue to impact sleep if not addressed. People with mental health conditions are 4x more likely to experience sleep disruptions.*



*Sleep can be disrupted by physical pain, stress, or the environment you are trying to sleep. At times it might be more difficult to fall asleep, stay asleep or even wake from sleep when you mean to.*

*Are you having more trouble falling asleep or staying asleep? Are you waking up earlier or later than you used to? What is disrupting your sleep?*

## Sleep Disruptors

**Strong Emotions**  
(anxiety, stress, depression)



**Medications for Physical or Mental Health**



**Interactions with Drugs or Alcohol**



**Food & Beverages**  
(caffeine or gastro-distress)



**Nightmares or Intense Vivid Dreams**



**Physical Pain**



**Shifting or Changes in Sleep Hours/Routine**

**It is important to identify WHAT is disrupting your sleep so you can figure out what STRATEGY might work best to improve your sleep.**

***How do we get to 7-9 (hours of sleep)?***

# Tracking Sleep

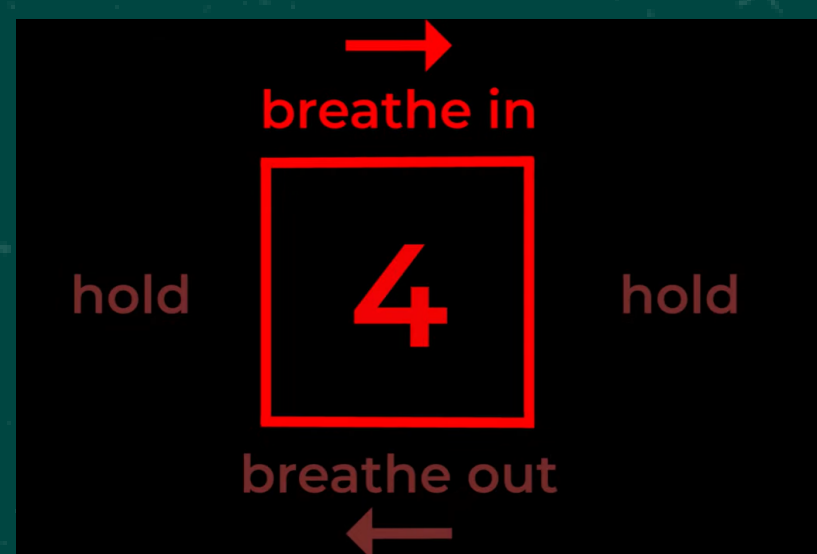
Identifying habits/patterns that affect sleep can help explain sleep problems. While there are a number of tech/apps that can help, a simple pen/paper log can also help identify issues and possible coping techniques. Try using the log below for 1-week. What patterns do you see?

	Amount of Sleep	Falling Asleep/Staying Asleep/Waking	Disruption
MONDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		
TUESDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		
WEDNESDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		
THURSDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		
FRIDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		
SATURDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		
SUNDAY	<input type="checkbox"/> Less than 4 hours <input type="checkbox"/> 5-6 hours <input type="checkbox"/> 7-9 hours		

## Tips for a Good Night's Sleep

- Set a schedule. **Go to bed and wake up at the same time each day.**
- **Exercise 20-30 minutes a day** but no later than a few hours before going to bed.
- **Avoid caffeine, nicotine & alcoholic drinks** before bed.
- Try calming/relaxing activities before bed like a **warm bath or reading.**
- Keep the room at a **comfortable temperature.** Cooler is best.
- Avoid bright lights and loud sounds. **This includes phones and television.**
- Some medications can hurt sleep. **Talk with a medical provider about timing those medications for better sleep.**
- **Don't lie in bed awake.** If you can't get to sleep, do something else, like reading or listening to music, until you feel tired.
- **Speak to a medical provider if there are on-going disruptions or continued poor quality sleep.**

The relaxation response is about slowing breathing rate, relaxing muscles, and reducing blood pressure. Try using the video below to use 4-part/box breathing to help the body relax & prepare for sleep.



Use your smartphone camera to scan this QR code to view the video.