



My Road to Better Health

Sleep

Sleep enough to wake up renewed and refreshed.

Make the environment relaxing.

- *Keep your bedroom dark, a bit cool and quiet while you sleep. If you need to cover up noises like snoring or barking dogs, use a “white-noise” machine or a fan. Point the fan away from your bed.*
- Use your bedroom only for intimacy or activities that help you fall asleep.
- Avoid letting pets sleep in your bedroom. If they do and they make noise, try wearing one or two earplugs.
- Avoid visual triggers that increase stress, such as clutter, work-related material and financial papers.

Calm your brain an hour before sleep.

- *Avoid using electronics like the TV, PC, cell phone, etc.*
- Turn the lights down.
- Avoid dealing with stressful issues. Avoid being very active. Make time to relax and clear your mind.

Avoid stimulants.

- *Stimulants, such as caffeine, make your body “active.” Don’t drink anything with caffeine after mid-day. Examples are caffeinated coffee, tea and sodas.*
- Some foods have caffeine too, such as items with “café mocha” and chocolate. However, usually the small amount of caffeine in foods does not affect the brain much.

Try these tips.

- *Don’t drink anything with alcohol close to your bedtime. Alcohol may make you sleepy at first. But it may cause you to lose some quality sleep or to wake up.*
- Try to get at least 7 to 8 hours of good sleep each day. Go to bed and wake up at about the same time every day, even on weekends.
- Try to exercise at least 20 to 30 minutes every day. Be sure to do it at least 4 to 6 hours before bedtime.
- Avoid eating a heavy meal 2 to 3 hours before bedtime. A light snack, such as cheese and crackers with low-fat milk, is OK.
- Avoid taking a hot bath 2 to 3 hours before bedtime. Take a warm bath if you want to relax.
- Train your brain and body to think about sleeping when you are in bed. If you can’t fall asleep, get up and do something boring until you feel sleepy again. Examples are reading a magazine or playing sudoku or solitaire.

Get help when you need. For example, if you...

- *Usually get 7 to 8 hours of sleep, but you often feel sleepy when you need to be wide awake.*
- Breathe irregularly, snore loudly or snort yourself awake.
- Feel depressed or anxious.
- Feel a restless or creepy-crawly feeling in your legs, and that feeling makes it hard for you to fall asleep.



Take **S M A R T** steps for better health

Specific	What am I going to do?
Measurable	How will I track my progress?
Achievable	What steps will I take to make this happen?
Relevant	Is this important enough to me to want to do it?
Time-framed	When will I do this?

Of the choices listed on the other side, what are the first steps you are willing to take in the next few days?

Rate your confidence

How much do you believe you can do this? Circle your answer here.

Not at all confident							Extremely confident			
0	1	2	3	4	5	6	7	8	9	10

If you rate your confidence below a 7, consider changing your plan.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.