

March 2018

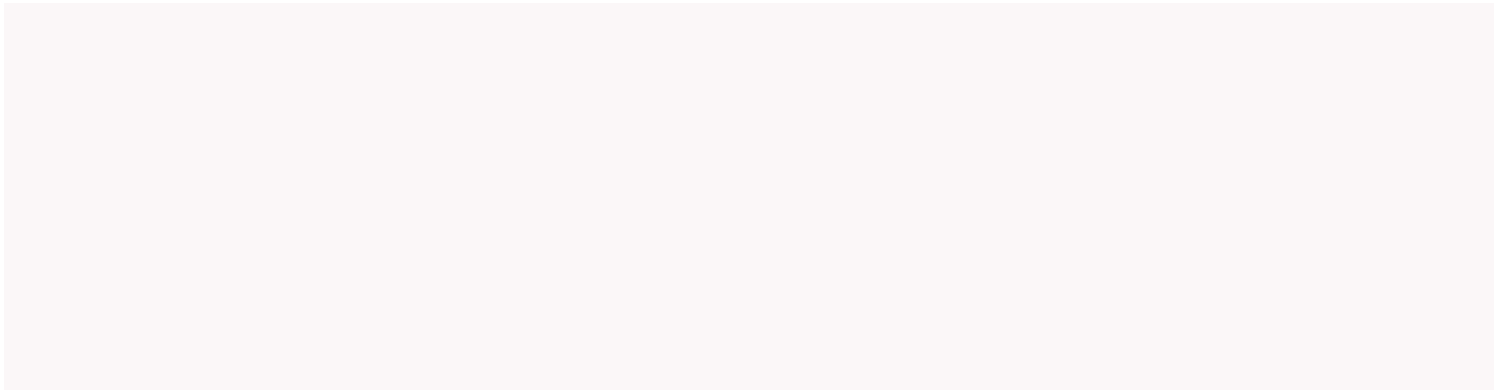


Life Lines

Improving your quality of life, one step at a time

Issue #3:

IMPORTANCE OF SLEEP



Homewood



Steps to take to maintain healthy sleep habits

Your life may feel busy all the time, and perhaps your current sleep habits, arrangements and quality are less than ideal, but there's hope! There are many ways to improve your rest, and consciously incorporating even a few of them will likely lead to a more restful and enjoyable sleeping experience.

Create a relaxing evening ritual. Do things that relax you to create a pre-sleep routine that removes some of your daily stress. Over time, a routine may act as a signal within your brain that it's time to sleep. Use common favourites like a warm bath or massage or try other calming activities like meditating, breathing exercises or listening to soothing music as you wind down.

Stick with a routine that includes a predictable sleep schedule. Keep your meals, bedtime and morning alarm consistent, even on weekends. Maintaining sleep patterns conditions your body to expect and react accordingly to appropriate times of rest and wakefulness.

Use your bed for sleep... and sleep alone. Keep electronics, food and any other stimulating activities out of your bed. This will cue your brain to sleep – and not prepare itself for eating, reading, TV, video games, studying or chatting on the phone when you lie down.

Remove electronics from your bedroom. Screens and electronics are an integral part of our daily lives. The activities associated with them, the light they emit, and the stimulus they provide, make televisions, computers, tablets, phones and other digital items a major hindrance to sleep. Try to unplug at least an hour before bed and keep electronics out of the bedroom.

Keep your bedroom quiet, cool, and dark. Remove light and sound distraction and keep your space at a constant temperature to mimic your ideal sleeping conditions. If needed, consider carpeting to cancel noise, installing light-blocking blinds or use an eye mask to restrict visual distractions.

Steer clear of caffeine and other stimulants. In the hours before bed, but also throughout the day, be mindful of your
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chocolate, common medications and herbal remedies also
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In order to live a healthy and balanced lifestyle, you need to ensure sleep is a priority. Lack of sleep can cause you to get sick mentally and physically, so be aware of the symptoms of lack of sleep, and actively work each night to ensure you keep your sleep schedule.

Steps to improve sleep:

- ✓ Create a relaxing evening ritual.
- ✓ Stick with a routine that includes a predictable sleep schedule.
- ✓ Use your bed for sleep... and sleep alone.
- ✓ Remove electronics from your bedroom.
- ✓ Keep your bedroom quiet, cool, and dark.
- ✓ GHYf`VWUf`cZVW Y]bY`UbX`c`h`Yf`gh`a i `Ubhg`
- ✓ Exercise.
- ✓ Limit your napping.
- ✓ Avoid going to bed on a full or empty stomach.

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Send us your questions, comments, and suggestions — [lifelines@ homewoodhealth.com](mailto:lifelines@homewoodhealth.com)

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