



LARIMER COUNTY

APRIL 2019

*your*

# HEALTHUPDATE

Improve Your Sleep Habits



## SLEEPING WELL, *staying healthy*

Following healthy sleep habits can make the difference between restless and restful slumber. Researchers have identified a variety of practices and habits—known as sleep hygiene—that can help you maximize the hours you spend sleeping.



### Exercise Early.

Exercise helps promote restful sleep if it is done several hours before you go to bed. **Try to finish exercising at least three hours before bed or work out earlier in the day.**



### Turn Your Bedroom Into a Sleep-Induced Environment.

A quiet, dark, and cool environment can help promote sound slumber. **Keep computers, TVs, and work materials out of the room to help your brain associate your bedroom with sleep.**



### Use Light to your Advantage.

Natural light keeps your internal clock on a healthy sleep-wake cycle. **Let the light in first thing in the morning and get outside for a sun break during the day.**



### Avoid Stimulants that Interfere With Sleep.

Caffeine decreases your quality of sleep and alcohol may help bring on sleep, but can be disruptive throughout the night. **Avoid caffeine for four to six hours before sleep and avoid alcohol within three hours of bedtime.**



### Establish a Soothing Pre-Sleep Routine.

Light reading before bed is a good way to prepare yourself for sleep. **Ease the transition from wake time to sleep time with a period of relaxing activity an hour or so before bed and avoid stressful, stimulating activities.**



### Keep your Internal Clock Set With a Consistent Sleep Schedule.

Having a regular sleep schedule helps to ensure better quality and consistent sleep. **Try to stick as closely as possible to your routine on weekends to avoid a Monday morning sleep hangover.**



Physical health



Emotional health

Source: Division of Sleep Medicine at Harvard Medical School