



OCTOBER WELLNESS CAMPAIGN

Getting Better Sleep

Sleep Quality Factors:

- **Irregular sleep schedule:** Waking up and going to bed at inconsistent times can disrupt your body's circadian rhythm, the internal clock that regulates your sleep-wake cycle. This disruption confuses your body, causing it to release melatonin, the sleep hormone, at irregular times. A disrupted sleep schedule can make it harder to fall asleep and wake up naturally.
- **Drinking too much caffeine or alcohol:** Caffeine, a stimulant, can stay in your system for hours and prevent you from falling asleep. Drinking alcohol may initially make you feel drowsy, but it can disrupt your sleep later in the night, affecting the deeper stages of sleep and causing frequent awakenings.
- **Medications or drugs:** Some medications or substances may have side effects that impact your sleep. Remember to consult with your healthcare provider about potential side effects of any medication you are taking.
- **Stress:** Stress triggers the release of hormones like cortisol, which can make it difficult for your body to relax and transition into sleep.
- **Pain and illness:** Chronic pain from health conditions can make it difficult to find a comfortable sleeping position and may wake you up throughout the night.

6 Steps for Better Sleep:

- **Light:** Spend time in bright light during the day—especially natural light. After dark, avoid blue light, which can confuse your wake/sleep cycle.
- **Exercise:** Aim for 30 minutes a day, 5 days a week to promote healthy sleep.
- **Mealtimes:** Eat your daily meals at consistent times each day.
- **Moderation:** Avoid nicotine, caffeine, and alcohol before bedtime.
- **Wind-down:** Create a consistent routine with a relaxing wind-down to prepare for good sleep (aim for 7-8 hours).
- **Environment:** Create a space that will make good sleep possible. Put devices away at least an hour before bed. Sleep in a clean, quiet, cool, and dark room.

Source: www.thensf.org/



Scan the QR code for a quiz to evaluate your sleep!

[www.thensf.org/what-is-sleep-quality/#:~:text=Now%20that%20you%20know%20what,out%20of%208%20hours\)?](http://www.thensf.org/what-is-sleep-quality/#:~:text=Now%20that%20you%20know%20what,out%20of%208%20hours)?)