

# OCTOBER WELLNESS: HEALTHY SLEEP TIPS



There are ways in which you can improve your sleep quality. Healthy sleep tips can best be implemented in taking small steps at a time. There are many suggestions, and trying to incorporate all of them at once may seem overwhelming.

Start by analyzing your current sleep routine and environment. Then choose one or two tips to begin with. Healthy sleep tips listed on the **Sleep Foundation** website include:

## ***“Creating a Sleep-Inducing Bedroom”:***

Aim to get the most comfort, and the least light. Find a mattress, pillow and bedding that is comfortable to you. Keep the temperature of your bedroom at a temperature that works for you. (It has been found that the best temperature for sleep is around 65 degrees.) Use aromas, such as lavender, to create a calming atmosphere. Try to keep the room quiet, and if that is not possible, consider white noise or the use of earplugs.

## ***“Optimizing Your Sleep Schedule”:***

Wake up at the same time every day. Schedule time in your schedule to get ready for sleep at night. If you take naps, the recommended length of time is around 20 minutes, and the best time of the day is early afternoon. If you need to change your sleep schedule, do so in small adjustments.

## ***“Crafting a Pre-Bed Routine”:***

Create a successful pre-bed routine with tips such as: choosing a wind-down routine (such as stretching or listening to soothing music) 30 minutes before sleeping. Avoid bright lights in your bedroom. Try to avoid using your cell phone, tablet or laptop 30 minutes before going to bed.

## ***“Fostering Pro-Sleep Habits During the Day”:***

Tips for improving sleep by looking at daytime habits include: going outdoors to get some sunlight or opening shades to let the light in, participating in physical activity, avoiding caffeine and alcohol later in the day, avoiding smoking and secondhand smoke, and avoiding late night dinners.

## ***“If You Can’t Fall Asleep”:***

Things to try if you can not fall to sleep include: doing relaxation techniques, getting out to bed and doing something relaxing if you are awake over 20 minutes, using a sleep diary to record your sleep habits and what may or may not work for you, and talking with your doctor.

For additional information on these tips, and to learn more from the Sleep Foundation, click here:

[Healthy Sleep Tips](#)