TIPS FOR BETTER SLEEP

March is National Sleep Awareness Month, a time to reflect on the importance of sleep for overall health and well-being. Quality sleep supports brain function, emotional balance, heart health and immune strength. Here are practical strategies to help you sleep better and wake up refreshed.

Sources:
1MayoClinic.org/Healthy-Lifestyle/Adult-Health/In-Depth/Sleep/Art-20048379
2Health.Harvard.Edu/Newsletter_Article/8-Secrets-To-A-Good-Nights-Sleep
3BrownHealth.org/Be-Well/Sleep-Hygiene-And-How-Sleep-Better
4Health.Harvard.Edu/Staying-Healthy/Blue-Light-Has-A-Dark-Side

STICK TO A SLEEP SCHEDULE

Consistency helps regulate your body's internal clock.

→ Go to bed and wake up at the same time every day, even on weekends.[1]

→ Avoid long naps during the day, which can interfere with nighttime sleep.

CREATE A RESTFUL ENVIRONMENT

Your bedroom should promote relaxation and rest.

→ Keep the room cool, dark and quiet.

→ Use room-darkening shades or earplugs if needed.

→ Avoid light-emitting screens before bed.

PRACTICE GOOD SLEEP HYGIENE

Healthy habits throughout the day can improve sleep quality.

→ Avoid caffeine and heavy meals close to bedtime.[2]

→ Exercise regularly, but not too close to bedtime.

→ Establish a calming bedtime routine with activities like stretching, listening to soothing music, reading or meditation.[3]

UNDERSTAND MELATONIN AND LIGHT EXPOSURE

Melatonin is a hormone that helps regulate sleep.

→ Your brain produces melatonin in response to darkness.

→ Exposure to bright light or screens at night can reduce melatonin production and disrupt sleep.[4]

KNOW WHEN TO SEEK HELP

If sleep problems persist, talk to a health care provider.

→ Chronic insomnia or sleep disorders may require professional support.[1]

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