

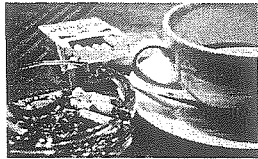
Healthy Sleep Hygiene

Things to Question/Avoid



Question Your Medication

Say No To A Nightcap



Avoid Stimulants After Twilight

Avoid Conflict Before Bedtime

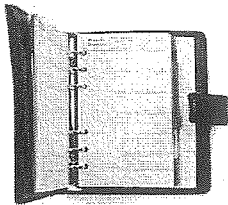


Daily Practices



Light Up Your Life in the Morning and Afternoon

Exercise During the Day



Set Routine Sleep Schedule

Practice Relaxation Techniques

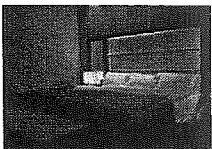


Setting Up For Sleep



Eat a Light Snack Before Bedtime

Engage in a Relaxing Activity Before Bedtime



Create a Comfortable Sleep Setting (Across 5 Senses)

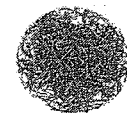


Make Use of Sleep Aids

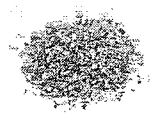


Use Mechanical Aids

Herbs / Supplements

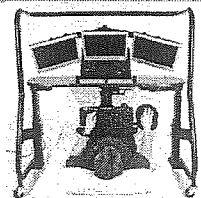


Valerian



Kava-Kava

Golden Rules to Follow



Your Bed is Not an Office / Den

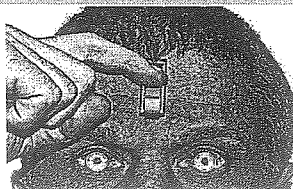
Golden Rule #1

Don't Waste Your Time in Bed

Golden Rule #2



Turn Off Your Mind



ACT

WHAT YOU INGEST AFFECTS YOUR SLEEP

Reach for Tryptophan-Rich Foods

We've all heard of warm milk's magical ability to send us off to dreamland. Do you know why it's true? Dairy foods contain tryptophan, which is a sleep-promoting substance. Other tryptophan-containing foods include poultry, bananas, oats, and honey.



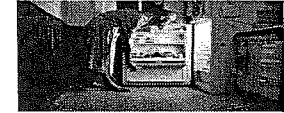
Indulge Your Craving for Carbs

Carbohydrate-rich foods complement dairy foods by increasing the level of sleep-inducing tryptophan in the blood. So a few perfect late night snacks to get you snoozing might include a bowl of cereal and milk, yogurt and crackers, or bread and cheese.



Have a Snack Before Bedtime

If you struggle with insomnia, a little food in your stomach may help you sleep. But don't use this as an open invitation to pig out. Keep the snack small. A heavy meal will tax your digestive system, making you uncomfortable and unable to get soothing ZZZs.



Put Down the Burger and Fries!

As if you needed another reason to avoid high-fat foods, research shows that people who often eat high-fat foods not only gain weight, they also experience a disruption of their sleep cycles.



Beware of Hidden Caffeine

It's no surprise that an evening cup of coffee might disrupt your sleep. Even moderate caffeine can cause sleep disturbances. But don't forget about less obvious caffeine sources, like chocolate, cola, tea and decaffeinated coffee. For better sleep, cut all caffeine from your diet after noon each day.



Medications May Contain Caffeine

Some over-the-counter and prescription drugs contain caffeine, too, such as pain relievers, weight loss pills, diuretics, and cold medicines. These and other medications may have as much or even more caffeine than a cup of coffee. Check the label of nonprescription drugs or the prescription drug information sheet to see if your medicine interferes with sleep or can cause insomnia.



Skip the Nightcap

Here's the catch-22 with alcohol: It may help you fall asleep faster, but you may experience frequent awakenings, less restful sleep, headaches, night sweats and nightmares. If you're consuming alcohol in the evening, balance each drink with a glass of water to dilute the alcohol's effects.



Beware of Heavy, Spicy Foods

Lying down with a full belly can make you uncomfortable, since the digestive system slows down when you sleep. And spicy cuisine can lead to heartburn. Make sure to finish a heavy meal at least four hours before bedtime.



Keep Protein to a Minimum at Bedtime

Sorry Atkins. Protein, an essential part of our daytime fare, is a poor choice for a bedtime snack. Protein-rich foods are harder to digest. So skip the high-protein snack before bedtime and opt for a glass of warm milk or some sleep-friendly carbs, like crackers.



Cut the Fluids by 8 P.M.

Yes, staying hydrated throughout the day is great for your body, but curtail your fluid intake before bed. You're sure to have interrupted sleep if you're constantly getting up to go to the bathroom.



Don't Be Fooled by a Relaxing Smoke

Nicotine is a stimulant, with effects similar to caffeine. Avoid smoking before bedtime or if you wake up in the middle of the night.

