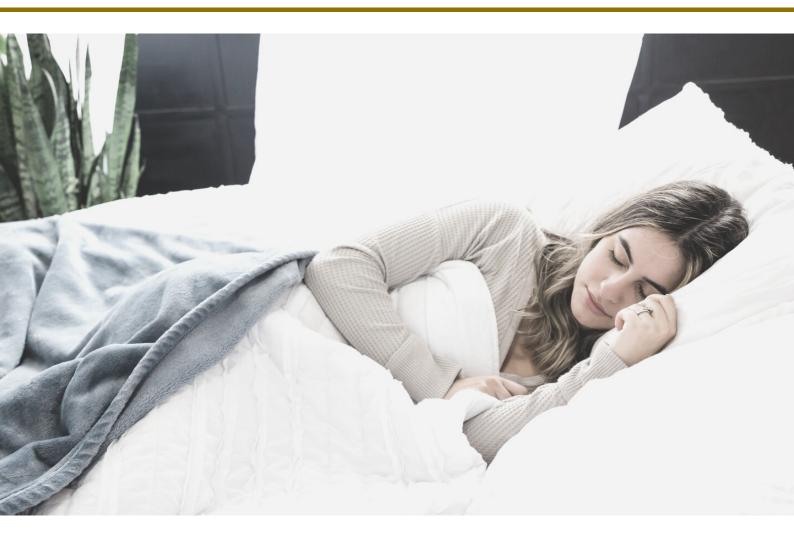# KEYS TO A SUCCESSFUL NIGHT SLEEP

RECHARGE   **REST**   **CONSOLIDTAE**

WHY IS SLEEP SO IMPORTANT

Sleep is essential to both physical and mental health. It is a biological necessity, and untreated sleep disorders can lead to an array of detrimental health related problems. Healthy sleep is important for cognitive functioning, mood, mental health, and cardiovascular, cerebrovascular, and metabolic health. It reduces the risk of accidents and injuries caused by fatigue.

INTEGRATIVE
PSYCHOLOGY ASSOCIATES

SLEEP HYGIENE

Sleep hygiene refers to creating good sleep habits including a bedroom environment and daily routines that promote consistent, uninterrupted and quality sleep.

TIPS

- Create a routine with a nighttime ritual and consistent bedtime
- No napping
- No caffeine after lunch
- Avoid alcohol
- Reserve bed for sleeping only
- Avoid devices for 2 hours prior to bed
- Exercise (but avoid intense exercise in the last 4 hours of the day)
- Have a warm bath before bed
- Create a sleep promoting environment which is comfortable, dark and cool
- Eat a balanced diet

IF YOU CAN'T SLEEP

If you can't get to sleep avoid clock watching! Get up and find a calming activity to do. Avoid activities that are based on devices or emit blue light as this will signal to your brain that it is time to be awake and prevent you from getting the much needed rest that you need. Rather, try reading, listening to music or an audio book, having a relaxing drink, journaling or drawing.