

# Quick Sleep Tips

## Establish Routine

- Keep a consistent sleep schedule (even on weekends).
- Establish a relaxing bedtime routine.
- Exercise regularly and maintain a healthy diet.
- Use your bed for sleep and sex only.



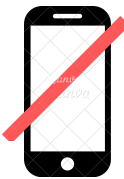
## Falling Asleep Easier

- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to bright lights in the evening.
- Turn off electronic devices at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime. If you are hungry, eat a healthy snack.
- Avoid caffeine in the late afternoon or evening.
- Avoid alcohol before bed.
- Reduce fluid intake before bed.



## If You Find Yourself Awake or Unable to Fall Asleep

- If you don't fall sleep after 20 minutes, get out of bed, find a quiet, relaxing activity to do for a while and then try going back to sleep.
- Try "relaxing breathing," or 4-7-8 count breathing. Breathing in for 4 seconds, holding for 7 seconds and releasing over 8 seconds. Do this until you fall asleep.
- Have a "thought/worry" journal to get those thoughts out of your head.



## Apps/practices that help

- CALM app (free).
- Headspace (free for folks with an NPI or if you dont have one, proof of your workplace to verify your credentials). Visit <https://www.headspace.com/health-covid-19>.
- Insight Timer- Thousands of free guided meditations.
- CBT-I Coach: <https://mobile.va.gov/app/cbt-i-coach> (this is a free app from the VA).



## What about supplements/medications?

- Melatonin- free and OTC. Research suggests low dose (0.5mg) but discourages taking more than 5mg per night.
- Benadryl or other OTC sleep aids are fine from time to time.
- Consider talking with your doctor about addressing the underlying stress, and whether starting on an anti-anxiety or anti-depressant medication may be of benefit. Sleep is essential to well-being, and sometimes brain chemical imbalances can be helped with medication use.

