

SLEEP WELL

HEALTHY SLEEP IS IMPORTANT FOR PHYSICAL & MENTAL HEALTH

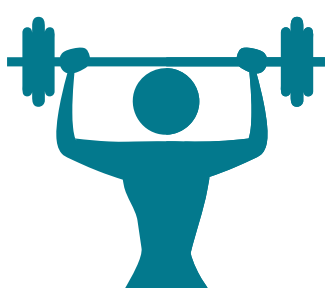


KEEP A CONSISTENT SLEEP SCHEDULE

Go to bed and wake up at the same time every day, including weekends. Doing so helps to regulate your body's internal clock.

LIMIT YOUR DAILY NAPS

If you struggle sleeping at night, limit daytime napping to 20-30 minutes. These power naps can help increase alertness and performance. If you still can't sleep at night, consider eliminating naps altogether.



EXERCISE DAILY

Regular exercise promote good quality sleep. Vigorous exercise is best, but as little as 10 minutes of aerobic exercise can improve sleep quality. Avoid intense workouts close to bedtime.

AVOID CERTAIN FOODS AND DRINKS

Alcohol, caffeine, and nicotine use close to bedtime can disrupt sleep. Avoid eating large meals or spicy foods before bedtime and opt for a light snack, like a piece of fruit, instead.



WIND DOWN

Establish a relaxing bedtime routine. Taking a warm bath, reading a book, or doing light stretches can help you wind down from your day. For better sleep, avoid electronics 30 minutes before bedtime.

GET COMFY

Create a pleasant sleep environment. Your bedroom should be cool - between 60-67 degrees - for optimal sleep. Sleep on a comfortable mattress and pillows. Limit any noise, light or other distractions.



IF YOU STILL CAN'T SLEEP, GET UP AND DO SOMETHING RELAXING UNTIL YOU FEEL TIRED.



Brought to you by partners in the Mental Health Workgroup of the Jessamine County Healthy and Safe Communities Coalition