

# Healthy Sleep Habits

Getting enough, quality sleep is as vital to good health and long life as are healthy eating and regular exercise.



After experiencing a traumatic event, it is not unusual to have sleep problems for several weeks. Once you fall asleep, you may have bad dreams related to the event. Mood also affects sleep patterns. When you're depressed, it's harder to get a good night's sleep. To promote sleep, follow the treatment plan from your health care provider. Take medicines as advised.

## TIPS TO HELP GET A GOOD NIGHT'S SLEEP

- As soon as you wake up, get exposure to bright light.
- If you nap, do so for less than 1 hour and before 3:00 p.m.
- Do regular exercise daily, but not within a few hours of bedtime.
- Follow a regular daily schedule for meals and snacks. Choose larger meals at breakfast and lunch than at dinner.
- Avoid caffeine for 8 hours before bed. Limit alcohol.
- Don't smoke or use other tobacco products. Avoid secondhand smoke.
- Do relaxation exercises, such as yoga and deep breathing.
- Dim the lights in the house 1-2 hours before bed.
- Before bedtime, take a warm bath or read a book. Avoid things that hold your attention, such as watching a high-suspense movie.
- Follow a bedtime routine. Use your bed for sleep and intimacy.
- Keep your bedroom quiet, dark, and comfortable.
- Listen to recordings that help promote sleep or try using a low rhythmic sound, such as a fan set on low.
- If you can't fall asleep or wake up in the middle of the night and can't get back to sleep, get out of bed. Read a relaxing book or sit quietly in the dark. In about 20 minutes, go back to bed. Do this as many times as needed.

