

WHEN I AWAKE, I WILL FEEL GREAT: SLEEPING BETTER

The average person spends _____ of their life sleeping.

Why do we need sleep?

1. _____
2. _____
3. _____
4. _____
5. _____

Adults (18+) need _____ to _____ hours of sleep per night

Exercise helps you _____ better a night, but too much or too _____ late night exercise will keep you up.

Power off all _____ one _____ before going to sleep.

You can try these apps to help you try and sleep better: _____, _____, _____, and _____.

Aromatherapy scents that help you relax and unwind include: lavender, _____, _____, and _____.

Notes:



Name: _____

Sleep Goal:

Prefill calendar with this month's dates. Write down your bedtimes, wake times, and how many hours of sleep you had each night. Include how well you slept and any factors that influenced it.

Month: _____ Year: _____

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Bedtime: _____ Awake: _____ Total hours: _____ Quality: _____						
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Bedtime: _____ Awake: _____ Total hours: _____ Quality: _____						
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Notes



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How to Sleep Better



PRE-SLEEP ROUTINES

- Light inhibits the secretion of melatonin, a hormone that naturally promotes sleep. So, dim the lights while you are getting ready for bed. Your body is programmed to sleep when it is dark, so you can encourage that rhythm by easing into nighttime
- Hide digital clocks and glowing electronics from your view. Put a night-light in your hallway or bathroom in case you need to get up; that's better than turning on a ceiling light, which would disrupt melatonin levels. And if street lamps or moonlight shines in from outside, consider installing heavy window shades or wearing a dark sleep mask.
- Your body temperature naturally drops as you drift into sleep, so cooling down your bedroom can jump start the process and make it easier to doze off. Most experts advise setting your thermostat 5° to 10° lower than your average daytime temperature.
- Put away electronics at least one hour before you plan on going to sleep. Blue light, which emits from televisions, phones, computers, etc., is very effective at inhibiting melatonin production – thus reducing both the quantity and quality of your sleep.

TIPS TO SLEEP BETTER

- Avoid caffeine after lunch and don't drink/smoke within 6 hours of bedtime.
- Be sure not to eat/drink in your bed.
- Don't go to bed hungry, but do not eat a large meal close to when you go to bed. You should aim to eat your last meal about 3-4 hours before heading to bed. You should also try to eat your meals at the same time every day to keep your inner clock on schedule.
- Avoid heavy or spicy foods close to bedtime, instead opt for light snacks (bananas, nuts, yogurt, popcorn, etc.)
- Exercise regularly in the mornings or afternoon.
- Avoid taking naps; but, if you must, keep them short and don't nap after 3 pm.
- Don't use your bed for anything other than sleep and sex.
- Establish a regular bedtime routine that will allow you to unwind.
- Journal your worries/concerns before bed.
- Sudden, loud noises from inside or outside the home can disrupt sleep. Steady, low sounds such as the whir of a fan or air conditioner are soothing because they help block out distracting noises.
- Get good light exposure during the day. Expose yourself to bright light/sunlight after awakening, this will help to regulate your body's natural biological clock.
- Comfortable sheets are also important as are pillows for neck support.



HOW TO SLEEP & RELAX WELL



A good night's sleep has tremendous health benefits. Research shows that getting the recommended 7 to 9 hours of sleep per night helps improve memory, decreases inflammation, improves creativity, boosts the immune system, and may even help you live longer. Adequate sleep also assists with weight loss, exercise performance and how well we cope with stress. According to Consumer Reports, approximately 27% of adults have trouble falling asleep or staying asleep most nights, and 68% of Americans struggle with sleep at least one night per week. Use these tips and techniques that may help improve your quality of sleep.

- **Learn to Relax.** Meditation, Progressive Muscle Relaxation, breath work, time outdoors, Tai Chi, yoga, and massage are just a few tools that can help you learn how to relax.
- **There's an App for That.** Try the 'Calm' or 'Headspace' app for guidance on meditation.
- **Limit Caffeine.** Enjoy 8-12 ounces of coffee in the morning or go decaf / caffeine free. Caffeine is also found in chocolate, soda, and iced teas.
- **Dinner.** Eat a light meal a couple of hours before bed, so that digestion is complete before going to bed. After dinner, drink some chamomile or bedtime herbal tea. Sitting down and sipping on tea is a nice way to help your body and mind unwind.
- **Avoid Blue Light.** The blue light that emits from electronics interferes with sleep quality. Try to unplug for a good hour before bedtime and choose an activity that helps you relax such as reading, journaling, meditation, or taking a bath.
- **Essential Oils.** Try calming essential oils such as lavender or bergamot in a diffuser, sprinkled on your pillow, or rubbed on the soles of your feet.

- **White Noise.** Try a white noise, such as the hum of a fan. Find a white noise app and use it while you are sleeping.
- **Same Time.** As much as possible, go to bed and wake up at the same time everyday, even on the weekends.
- **Waking Up.** If you wake up in the middle of the night, instead of tossing and turning, get up and practice some relaxation techniques.

GOLDEN MILK RECIPE

- 3 cups of almond or skim milk
 - 1/2 tsp. turmeric
 - 1/4 tsp. ginger
 - 1/4 tsp. cinnamon
 - pinch of black pepper
 - sweetener of choice (coconut sugar, agave, or stevia)
1. In a saucepan, add milk, turmeric, ginger, cinnamon, pepper, and sweetener of choice.
 2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
 3. Turn off the heat and taste to adjust flavor. Add sweetener to taste or more turmeric or ginger for intense spice / flavor.
 4. Serve immediately, makes enough for 2 glasses. Best when fresh, but leftovers can be stored and refrigerated for 2-3 days.



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