

Sleep Well

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Sleep Well**. This learning module contains 12 posters and takes approximately 15 minutes to complete.

Before you get started, print the **Passport to Better Sleep: Sleep Well** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit.



Passport to Better Sleep: Sleep Well



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Healthy Sleep Habits

I get adequate and high quality sleep that allows me to function at my best the next day:

Rarely or never Occasionally Most of the time All of the time

Two common side effects of prescription sleep aids are:

Exhibit 2: How Much Sleep Do You Need?

According to the National Sleep Foundation Recommended Sleep Ranges chart, I get an adequate number of hours of sleep:

Rarely or never Occasionally Most of the time All of the time

Exhibit 3: Sleep Routine

Circle one: I have a regular bedtime: Yes No

Circle one: I have identified a spot in my home where I can read a hard copy book if I'm unable to get back to sleep after 20 minutes: Yes No

Exhibit 4: Sleep Environment

Two examples of improvements that I am willing to make in my sleep environment are:

Exhibit 5: Bedtime Preparation

Circle one: I routinely stop using all screens 30 – 60 minutes before bedtime: Yes No

Two things I could do to help my body wind down before bed are:

Exhibit 6: Food and Beverages to Avoid

I am willing to eliminate eating and/or drinking _____ to improve my sleep.

Exhibit 7: Sleep-Promoting Food And Beverages

Sleep-promoting food and beverages that I am willing to try before bedtime are:

If there are no children currently living in your home, you have completed the Passport to Better Sleep: Sleep Well. However, continue with the Exhibit so you can learn about sleep practices for children so that you can help those in your life who have children or prepare yourself for when you plan to have children.

Exhibit 8: Children And Sleep

According to the National Sleep Foundation Recommended Sleep Ranges for Children chart, my children get an adequate number of hours of sleep:

Rarely or never Occasionally Most of the time All of the time

Exhibit 9: Newborns And Infants, 0-11 Months

Circle one: My newborn(s) can fall asleep and return to sleep unassisted: Yes No

The bedtime ritual for my infant(s), consists of:

Exhibit 10: Toddlers and Preschoolers, 1-5 Years Of Age

I am willing to help my toddler(s) wind down before bedtime by including the following in our bedtime routine:

Exhibit 11: School-Age Children, 6-13 Years Of Age

Circle one: My school child/children's bedroom is screen free: Yes No

I am willing to help my school-age child/children wind down before bedtime by including the following in our bedtime routine:

Exhibit 12: Teens, 14-17 Years Of Age

Circle one: My teen's bedroom is screen free: Yes No

Circle one: My teen's phone is docked overnight in another room: Yes No



HEALTHY SLEEP HABITS

Getting adequate sleep on a regular basis is essential for your health. Work towards developing healthy sleep habits that you can rely on to get the rest you need to be high functioning during the day.

- Determine the ideal number of sleep hours you need.
- Set a sleep routine that ensures you meet your sleep hours.
- Create the ideal sleep environment.
- Pay attention to what you eat and drink for your last meal and close to bedtime.
- Prepare a bedtime routine that helps you relax.
- Help your children develop healthy sleep habits.

Stress can interfere with your sleep. Double down on healthy sleep habits instead of reaching for sleep aids which can lead to drug dependency.

Common Side Effects of Prescription Sleep Aids

- Burning or tingling in the hands, arms, feet or legs
- Changes in appetite
- Constipation
- Diarrhea
- Dizziness and drowsiness
- Dry mouth or throat
- Gas
- Headache
- Heartburn
- Impairment the next day
- Stomach pain or tenderness
- Uncontrollable shaking of a part of the body
- Unusual dreams
- Weakness

HOW MUCH SLEEP DO YOU NEED?

National Sleep Foundation Recommended Sleep Ranges

| | Recommended | May Be Appropriate | Not Recommended |
|--------------------------|-----------------|------------------------|---|
| Young adults 18-25 years | 7-9 hours a day | 6 hours 10-11 hours | Less than 6 hours More than 11 hours |
| Adults 26-64 years | 7-9 hours a day | 6 hours 10 hours | Less than 6 hours More than 10 hours |
| Older adults 65+ years | 7-8 hours a day | 5-6 hours 9 hours | Less than 5 hours More than 9 hours |

You will know you are getting enough sleep when you are sleeping soundly on a regular basis and are tracking your total sleep time and you feel:

- Well rested when you wake up.
- Have good energy throughout the day without excessive amounts of caffeine.
- Are not sleepy when driving.



Increase your total sleep time by 30 minutes to 1 hour if you have low energy. See how you feel after a week and continue adjusting until you find your optimal number of hours of sleep.



SLEEP ROUTINE

Set a sleep routine that ensures you meet your ideal number of sleep hours. Maintaining consistency with your sleep routine is key so that you can get the sleep you need on a regular basis.

Follow these tips:

- Go to bed at a regular bed time.
- Wake up at the same time daily.
- Limit late nights on weekends.
- Use ear plugs and mask if helpful.
- Don't oversleep in the morning on weekends.
- Don't lie awake for more than 20 minutes.



When unable to fall back asleep after 20 minutes, get up, empty your bladder and go to a space in your home where you can read a hard copy book quietly with a dim light. Return to your bed when you become drowsy so you can resume your sleep.



SLEEP ENVIRONMENT



Your bedroom needs to be an inviting place for you to sleep that is comfortable, dark, quiet, and free of distractions.

Bed: you spend 1/3 of your life in bed, invest in a good one.

Pillow: find the right pillow based on your sleep position. Back sleepers need thinner pillows, to prevent the head from being pushed too far forward. Side sleepers need a firmer pillow to fill in the distance between the ear and outside shoulder. Stomach sleepers benefit from a very thin, almost flat pillow.

Maintain temperature 60–68°F: during the winter, stay warm with winter PJs and duvet covers rather than the heat. During the summer, stay cool with light bed sheets, fans and light weight sleepwear.

Dark Room: keep your bedroom dark with window coverings designed to block out light, or wear a mask to ensure that the sun does not awaken you early.

Noise: minimize noise by ensuring that everyone in the house is respectful of being quiet during sleep hours, have earplugs available to block out noise.

Eliminate distractions: keep TVs, computers, tablets in other rooms so that you are not tempted to use them when you should be going to bed. Put your phone on the “Do Not Disturb” setting.

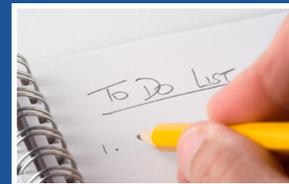




BEDTIME PREPARATION

Carve out time at the end of your day to prepare for bedtime with these steps that will help you wind down.

- 1) **Create a “To-Do” list for the next day.** This allows you to empty your thoughts onto paper and free yourself to sleep well.
- 2) **Stop using all screens (tablets, computers, smartphones) 30-60 minutes before bed.** This gives your eyes a break from blue light and allows your body to produce melatonin a hormone that regulates sleep.
- 3) **Unplug when preparing for bed by putting your phone on “Do Not Disturb” setting.**
- 4) **Take a warm bath or shower.** The rapid cool-down period afterward relaxes the body.
- 5) **Read a hardcopy book in bed.** When you cozy up with a book in bed, your muscles relax and the words on the pages will slowly lull you to sleep.
- 6) **Listen to relaxing music.** The sound of relaxing music distracts your mind and induces a physical state of calmness preparing you for sleep.





FOOD AND BEVERAGES TO AVOID



To get a restful sleep, follow these tips on what foods and beverages to steer clear of:

1) Caffeine is a stimulant:

- Avoid caffeinated drinks 6 hours before bedtime.
- Skip decaffeinated coffee as an after dinner drink – decaf contains enough caffeine to interfere with sleep.
- Avoid dark chocolate for dessert as it can contain 25-38% of the caffeine in coffee.



2) Large meals before bed and spicy dinners cause:

- Indigestion, heartburn, and acid reflux.

3) Sugar increases glucose in your blood creating energy for your body:

- Limit sugar sweetened beverages and desserts.

4) Alcohol robs you of deep sleep and can awaken you in the middle of the night:

- Avoid alcohol late in the evening and limit your intake at dinner.

5) Consuming fluids close to bedtime will cause you to awaken in the night to urinate:

- Limit fluid intake 2-3 hours before you go to sleep.

SLEEP-PROMOTING FOOD AND BEVERAGES

For a night of sound slumber, have a light snack 1 hour before bedtime that includes these sleep promoting amino acids, vitamins, and minerals: tryptophan, magnesium, calcium, and B6.

Good choices include:

Half of a banana and a handful of almonds



Cherries and a small cup of plain yogurt



Whole-grain crackers with peanut butter



A mug of warm milk



A small bowl of whole-grain cereal with milk



Half a turkey sandwich with whole-grain bread



A mug of herbal decaffeinated tea:
Chamomile, passionflower, and valerian teas each have a sedating effect.



CHILDREN AND SLEEP



Important Sleep Practices to Implement for Children

- Determine the sleep needs of your child at each developmental age.
- Maintain a regular sleep schedule.
- Ensure that the bedroom has blinds that block out the light.
- Do not have any screens in your child's room at any age.
- Avoid food and beverages with sugar and caffeine starting in the late afternoon.
- Create a bedtime routine that fits with the child's developmental age.

National Sleep Foundation Recommended Sleep Ranges for Children



| | |
|-------------------------------------|-------------------|
| Newborns ages 0-3 months | 14-17 hours a day |
| Infants ages 4-11 months: | 12-15 hours a day |
| Toddlers 1-2 years old: | 11-14 hours a day |
| Preschoolers 3-5 years old: | 10-13 hours a day |
| School-age children 6-13 years old: | 9-11 hours a day |
| Teenagers 14-17 years old: | 8-10 hours a day |



NEWBORNS AND INFANTS

0-11 Months old

The earlier you establish healthy sleep habits in your child's life, the sooner everyone in the household will be sleeping soundly.

Develop a bedtime ritual for your baby and do it every night:

- Give your baby a warm bath.
- Give your baby the last feeding of the day.
- Sing your baby a lullaby.
- Turn on some calm music.



Putting your baby in the crib awake after a relaxing bedtime routine will help your baby fall asleep unassisted and also return to sleep unassisted. This is a key skill if learned early will help the entire family sleep well.

When infants awoken for their nighttime feeding:

- Do not stimulate your baby.
- Stay quiet and keep the lights off or very dim.
- Change diaper first, then feed the baby quietly.
- When the feeding is over return the baby to the crib to resume sleep.



TODDLERS AND PRESCHOOLERS

1-5 Years of Age

Toddlers and preschoolers require more time to wind down before bedtime.

Follow these tips to help your child prepare for bed:

- Set aside 1 hour for calm, enjoyable activities including:
 - listening to quiet music
 - reading a book
 - taking a bath
 - avoid all forms of screen time during this time
- Encourage use of a security blanket or stuffed animal
- Put your toddler in bed awake to fall asleep unaided

Nap Time

For toddlers, keep naps in the early to midafternoon and not too close to bedtime to avoid interfering with the night sleep schedule. As your preschooler gets closer to 4 and 5, watch your child's bedtime and awake time to determine when to eliminate the afternoon nap. If bedtime starts creeping up to the later hours and/or wake time is being pushed earlier, it is likely time to end the afternoon nap.



SCHOOL-AGE CHILDREN

6-13 Years of Age

At this stage, your child can take more ownership for their sleep routine and schedule. Teach children about healthy sleep practices and help them make responsible food and beverage choices that don't disrupt their sleep.

Ways parents can support their child in getting a good night's sleep:

- Continue to keep your child's bedroom screen free.
- Monitor use of screens so that your child has adequate time to wind down before bed time.
- Help your child create a bedtime routine that they enjoy.
- Participate in the bedtime routine by reading a book with your child each night.
- Put an emphasis on maintaining a consistent bedtime and wake schedule.





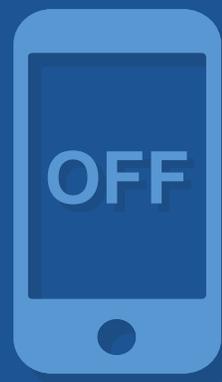
TEENS

14-17 Years of Age

As teens go through puberty, their bedtime shifts 2 hours later in the evening; however, they still need to get an average of 9 hours of sleep. Research shows that most teens do not get the sleep that they need on a daily basis.

Parents can help their teen get adequate sleep by:

- Keeping the bedroom screen free
- Setting times for turning off their phone
- Docking the phone in the kitchen overnight
- Keeping a set bedtime
- Helping them manage their competing demands:
 - School and homework
 - Sports and extracurricular activities
 - Screen time
 - Friends and social activities



Sleep Well

Close

We hope you have enjoyed the Virtual Self-guided Wellness Exhibit **Sleep Well**. Additionally, we hope that you learned more about science-based healthy sleep practices so that you can improve your sleep. You are now ready for the **Sleep Well** Challenge to put these practices into daily living.