TAKING BACK YOUR SLEEP

Good sleep isn't just going to bed in hopes you will sleep well. Most people have had at least a night of terrible sleep quality. There are many factors that play in having good/bad sleep. Here are ways how these factors affect sleep.

WHERE YOU SLEEP

Sleeping in a comfortable environment can induce better sleep.

- The ideal temperature for sleeping is ranges between 60 and 67 degrees Fahrenheit. Too hot or cold would be uncomfortable for sleep
- Light regulates our circadian rhythm so sleeping in a dark and quiet room can help improve sleep and sleep schedule
- A mattress/bed that fits your body weight and size. It'll be harder to sleep on an uncomfortable couch in front of a TV than a nice, warm, cozy bed.

BEFORE BED ROUTINES

Pre-sleep activities can help improve sleep schedules.

- Try relaxing activities (i.e reading, meditating, etc.) instead of exercise for example your body needs to slow down before sleeping
- Focus on less stressful related thoughts before bed to help fall asleep better. Your body releases cortisol which increases alertness.
- 62% of people use music to help sleep. Music is another way to relax before going to bed.

OTHER FACTORS?

- Consumption of caffeine or other chemical substances before bed disrupts the sleep hormones that are trying to reach those receptors.
- Naps around noon or later can mess up your sleep-wake cycle. It decreases sleep drive/pressure.
- Another common routine is to not touch any electronic devices as they emit blue light which tricks your brain that it's still light out.

MORE FACTORS

- Pain in the body such as arthritis can affect sleep quality
- People with anxiety, stress, or depression find it hard to fall asleep
- Sleep disorders
- Jet lag

BENEFITS TO SLEEP?

With good sleep, there is good health. Benefits of sleep include:

- Alertness/reflexes and memory
- Attention
- Immune function
- Mood
- Everyday performance

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