



Healthy Habits, Healthy You



Week 3 Sleep

Here's your chance to make time for needed sleep. Week three focuses on getting enough sleep while including all four healthy habits into your daily schedule.

The Centers for Disease Control and Prevention recognizes sleep as an essential aspect of chronic disease prevention. For most adults, seven to nine hours a night appears to be the best amount of sleep.

Here are some tips for good sleep habits:

- Wake up and go to sleep at the same time every day, even on days off and weekends.
- Avoid caffeine and nicotine later in the day. Avoid alcohol close to bedtime. All can adversely affect your ability to fall asleep and stay asleep. Regular tobacco and alcohol use also increase the risk of obstructive sleep apnea.
- Maintain your recommended weight. Obesity is the highest risk factor contributing to sleep disorders.
- Be active regularly, but not too close to bedtime. Strenuous activity in the evening can disrupt your sleep pattern.
- Avoid large meals close to bedtime; however, a light snack might help promote sound sleep.
- If daytime sleepiness becomes overwhelming, try to limit your nap time to less than an hour before mid afternoon.
- Make your sleeping area comfortable and free of environmental distractions that may prevent you from achieving deep, restful sleep.
- If you are not able to fall asleep or stay asleep, leave your bedroom and find a quiet activity elsewhere. Return to bed only when you feel sleepy.