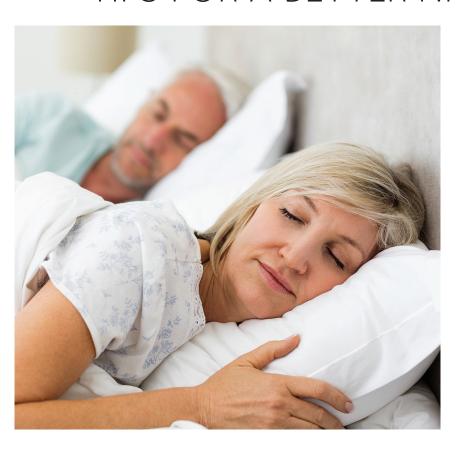# ADULT

HEALTH BULLETIN

MARCH 2017

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
**http://fcs-hes.ca.uky.edu/
content/health-bulletins**

THIS MONTH'S TOPIC:

TIPS FOR A BETTER NIGHT'S SLEEP

When a person cannot sleep well, he or she may be restless, short-tempered and overly stressed. There could be many different reasons for not sleeping well. There are a few ways to help your body get ready for some rest.

Here are some tips to get a better night's sleep:

- **Go to bed about the same time every night.** It is a good habit to go to bed and get up in the morning about the same time every day. By doing this, your body sets a routine when it should be awake and when it should be resting.

- **Get comfortable.** Having a room that is created for sleep is important. For most people, the ideal is a room

Disabilities
accommodated
with prior notification.

It is a good habit to go to bed and get up in the morning about the same time every day.

that's dark, cool and quiet. As each person's idea of comfort is different, take some time to think about what would be more comfortable for you.

- **Don't stay in bed.** Staying in bed, tossing and turning until you fall asleep, is not a good way to settle down for the night. After about 15 minutes if you have not fallen asleep, get out of bed. Just make sure that you do a relaxing, quiet activity.

> *If you have many sleepless nights and it is affecting your home life or your job, you should talk to a healthcare professional.*

- **Watch the foods and drink you have before bed.** It is not a good idea to be getting ready for bed if you have not eaten and are feeling hungry or if you have had a lot to eat. The discomfort of those feelings may make it hard for you to rest.

- **Get active.** When a person does physical activity on a regular basis, he or she is more likely to rest well. However, you may want to be careful about exercising too close to bedtime. For some people it energizes them, which will make it more difficult to fall asleep.

- **Avoid napping during the daytime.** If you are having trouble sleeping at night, a regular nap can add to that difficulty. Having long daytime naps can affect trying to sleep at night. If you absolutely must take a nap, limit it to 10 to 30 minutes. If you work during the nighttime hours, then there is an allowance for daytime napping. In these cases, you may want to close all windows and shades to get the room as dark as possible.

- **Pay attention to your stress levels.** If you are thinking about all that you have to do the next day or week, and are feeling stressed about

it, you may have a hard time falling asleep. One way to help is to start managing stress through basic organization skills, such as setting priorities. You should also do simple stress relief tasks such as taking a needed break and laughing with a co-worker or friend. For some people, the simple task of writing down what is on their mind and making a list right before bedtime helps.

Having a sleepless night is not unusual. However, if you have many sleepless nights and it is affecting your home life or your job, you should talk to a healthcare professional. Talking to a healthcare professional can ensure that there are no other reasons for trouble sleeping and can help you to get the sleep you need.

SOURCE:
Mayo Clinic. http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep