

Healthy People

Better Sleep Month

When was the last time you had a great, restful night's sleep? If it was last night, good for you! Many people find it a challenge to get the 7-8 hours of sleep recommended for good health. Besides feeling sluggish and tired the next day, did you know that not getting enough sleep can lead to stress, inability to concentrate, and also make you more prone to mistakes and accidents?

For lots more information about sleep, go to www.bettersleep.org

May is Better Sleep Month, so here are a few tips from The Better Sleep Council to help you get the sleep you need!

- Keep a consistent sleep and wake schedule, including the weekends.
- Create a relaxing bedtime routine like reading, listening to soothing music, or soaking in a hot bath.
- Make sure your bedroom is conducive to a great night's sleep. Make sure it is dark, quiet, comfortable and cool.
- Make sure your mattress and pillows are providing comfort and support. If your mattress is more than seven years old, it may be time for a new one. Pillows should generally be replaced every year.
- Keep work materials, computers, televisions, and cell phones out of the bedroom.
- Exercise regularly but make sure you have completed your workout at least two hours before you go to bed.
- Avoid alcohol, caffeine, and food close to bedtime (within two to three hours of going to bed).
- Avoid tobacco products altogether.

