



# TACKLING SLEEP HEALTH

Tips & tricks for how to take care of your sleep health. And get a better night's rest in the process.

## CAFFEINE INTAKE

CAFFEINE CAN ALTER YOUR SLEEP HEALTH BECAUSE IT MAKES FALLING ASLEEP & STAYING ASLEEP MORE DIFFICULT.

### RECOMMENDED CAFFEINE INTAKE:

**400-500 mg daily & no more than 200mg every 4-6 hours**

- 1 energy drink = ~70mg
- 1 8oz cup of brewed coffee = ~96mg
- 1 8oz cup of brewed black tea = ~47mg

\*You should check the mg amount on your caffeinated drink of choice.

**Stop caffeine intake 4-6 hours before sleeping.**



### THE NAPPUCCINO

**1 CUP OF COFFEE + 20-MINUTE NAP**

*A cup of coffee followed by a 20-minute nap can help you in waking up more alert & energized!*

## SLEEP ENVIRONMENT

CREATING AN ENVIRONMENT THAT PROMOTES SLEEP WILL HELP YOU FALL ASLEEP EASIER & STAY ASLEEP LONGER.



### DARKNESS

Darkness promotes release of melatonin, a hormone that promotes sleepiness.

1. Cover all lights & light sources (even the littlest light can subconsciously wake you up).
2. Stop use of electronics 30 minutes before bed.



### NOISE

Colored noise has been shown to elicit relaxation, reduce stress, & assist with focusing.



COLORS OF NOISE GUIDE



### TEMPERATURE

Research shows a room temperature of 65-68 degrees F assists in promoting sleep.

1. Sleep with the thermostat low at night, a fan blowing on you, or with cooling clothing or sheets.
2. A warm shower before bed time can also assist in relaxation & promote sleep.



### ROUTINE

Create a bedtime routine.

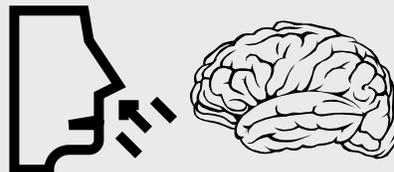
1. Having a routine can train your body to know when it is time to winddown.
2. Try to consistently go to bed at the same time each night.

## RELAXATION TIPS

TRY OUT THESE TECHNIQUES TO ELICIT RELAXATION & HELP YOU FALL ASLEEP EASIER.

### BOX BREATHING

1. Breathe out slowly from your mouth, releasing all of the air from your lungs.
2. Breathe in through your nose, slowly counting to 4. Imagine you are blowing up a balloon in your belly.
3. Hold your breath for a count of 4.
4. Exhale from your mouth for a count of 4.
5. Hold your breath at the end of the exhale for a count of 4.
6. Repeat this for 3-4 cycles.



### THE 5 SENSES

1. Find a comfortable space with eyes closed. Breathe calmly and deeply. Pick a pleasant mental image.
2. From this image, what do you:
  - a. See?
  - b. Hear?
  - c. Feel?
  - d. Smell?
  - e. Taste?
3. Enjoy the environment and image you've created.