

MCFR MONTHLY WELLNESS

JUNE 2023 NEWSLETTER

HOT TOPIC:

Sleep
Health

BE A CATALYST FOR YOUR HEALTH

Sleep: it's vital for your brain and your body. Adequate sleep promotes better physical and cognitive performance, a healthy immune system, and proper mood/stress regulation. This month, we will dive into the importance of sleep and what you can do to make a positive impact on your sleep health.

Caffeine

Caffeine can alter your sleep health because it makes falling asleep & staying asleep more difficult. Here's how we can manage it without taking away your caffeine fix.

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

Environment

Create an environment that promotes relaxation & sleep.



DARKNESS: Create a dark environment through using an eye mask or blackout shades.



NOISE: Try colored noise (white, pink, brown green, etc.) to help block out excess noise & quiet your mind. Check out different colored noise in the link in RESOURCES.



TEMP: A cooler environment can help promote sleep. Try sleeping with a fan or with cooler sheets and/or clothing. Research shows a room temp of 65-68 degrees F assists in promoting the sleep process.



ROUTINE: Set a bedtime routine. Having a routine allows your body to know when it is time to winddown for sleep while off duty.

WHAT YOU CAN DO TODAY

1. **Create a decompression routine.**
 - a. Try a consistent bedtime and/or post-shift routine that signals your mind & body that you're preparing for sleep and/or relaxation.
2. **Try breathing exercises** to assist with relaxation prior to bedtime.
 - a. Check out the 4-7-8 breathing exercise [HERE](#).
3. **Speak with a sleep specialist** if you have concerns about your sleep health.
4. **Check out colored noise.** Find one that works for your needs. Check out the different colors of noise [HERE](#).
 - a. Try listening to the colored noise you enjoy either through a streaming platform or a noise machine to promote rest & relaxation or focus.
5. **Look at your current sleep environment.** Are there things you can change about your bunkroom or bedroom at home to promote better sleep?

RESOURCES:

Click the name of the resource in RED for the link

Rise Sleep App: Track your sleep, sleep debt, and find out when your energy dips and peaks are during the day. Free 7-day trial then \$60/year

Sleep Diary: Document the different factors that could be affecting your sleep with this 2-week diary.

Sleep Hygiene Checklist: Document what your current sleep habits are and steps to actively change them.

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