



CLASS 8 | SLEEP, SLEEP, SLEEP WORKSHEET

Tips for Getting a Good Night's Sleep

- **Create a Routine.** Give yourself a bedtime that you can reasonably stick to and try to go to bed at that time every night. Before getting in bed, turn off electronics, read a chapter of a book, listen to soft music, or do something else that relaxes you and lets you unwind. Try and also wake up at the same time so your body clock understands the cycle.
- **Design an Environment for Sleep.** Make your bed a comfortable place designed for your sleep, with a comfortable mattress and pillows. The optimal temperature for sleep is between 60-67 degrees Fahrenheit, with very limited light (complete darkness is optimal). To reduce noise you can use earplugs, white noise machines, or humidifiers.
- **Include a Regular Relaxation Strategy as Part of Your Nightly Routine.** Commit to using one of the “Easy Relaxation for Getting a Good Night's Sleep” exercises as a way of helping yourself fall to sleep more easily.
- **Reserve your Bed for Sleep.** By not watching TV, doing work, or talking on the phone in bed you can help your brain unwind for sleep and create an association with relaxation.
- **Have a Glass of Warm Milk.** Milk has tryptophan, a natural sleep aid, which will help you sleep.
- **Avoid Alcohol, Caffeine, or Aerobic Exercise Late at Night.** These things can keep you from falling asleep and disrupt your sleep cycle. Keep the 2-3 hours before you fall asleep free from these substances and exercise to let your body and mind relax.
- **Don't Rely on Sleep Medicine.** These medications can cause memory problems, especially as we grow older. In addition, chronic use of sleep aids has recently been associated with increased risk for dementia. Try lavender oil or melatonin, a natural hormone that regulates sleep.
- **Talk to a Professional.** If your sleep problems are disrupting your life, speak to a doctor or a therapist who can help you find specific strategies for your life. They also may be able to pinpoint the cause of this problem and help you.