



TBH BRAIN WORKOUT 1.0 SLEEP, SLEEP, SLEEP WORKSHEET

TIPS FOR GETTING A GOOD NIGHT'S SLEEP

This worksheet provides tried and true tips for getting a better night's rest.

DIRECTIONS: Discuss the better sleep habits listed below. Which do you do? Which could you add to your bedtime habits to get a better nights' sleep?

- **Create a Routine.** Give yourself a reasonable, regular bedtime. Before bed, turn off electronics, read, listen to soft music, or do something that relaxes you and lets you unwind. Wake up at the same time each day so your body clock adjusts to a regular sleep/wake cycle.
- **Design an Environment for Sleep.** Make your bed a comfortable place designed for sleep. 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.** Use a relaxation exercise, such as deep breathing, to help yourself fall asleep more easily.
- **Reserve your Bed for Sleep.** Help your brain unwind for sleep and create an association with relaxation by not watching TV, doing work, or talking on the phone in bed.
- **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.** Research shows that these medications may cause short-term memory problems, especially as we grow older. Chronic use of sleep aids has recently been linked to an increased risk for dementia. Try lavender oil or melatonin, a natural hormone that regulates sleep.
- **Can't Sleep? Get Up.** Experts recommend that if you can't fall asleep after about 20 minutes, get up and go to another room. Try something relaxing such as reading, deep breathing or sipping herbal tea until you feel sleepy and ready to return to bed.
- **Talk to a Professional.** If your sleep problems remain disruptive, speak to a professional who can help you find specific strategies to help.