



## Recommendations

If you or your bed partner have difficulty sleeping, see a medical or behavioral health professional. Here are some ways to improve sleep duration and quality:

1. Set reasonable expectations. If a tendency toward overachievement or time management challenges cause sleeplessness, evaluate “must do’s” and “can waits.” Give yourself credit for accomplishments.
2. Be consistent about when you go to bed and get up, even on your days off.
3. Get daily exercise, eat nutritious foods and manage your weight.
4. Before going to bed:
  - Avoid stimulants such as alcohol and caffeine.
  - Don’t use electronic devices in the bedroom.
  - Relax in a warm bath, do slow breathing or meditate.
  - Limit daytime power naps to 20 minutes.
5. While sleeping:
  - Select a bed/bedding that fits your size and lifestyle.
  - Rest in a cool, dark and quiet room.
  - Use ear plugs or “white noise” to block out sounds.
6. Be health-and-safety conscious:
  - Consult your provider if you are considering or taking sleep aids that cause drowsiness.
  - Be aware of low-energy dips that typically occur before dawn and between 1 and 3 p.m.
  - If you feel drowsy while driving or operating powered equipment, take a rest break.
  - Allow yourself to take the time off that you have earned to rest and recuperate.

7. To avoid travel-related sleep disruption (jet lag):
  - Gradually shift your sleeping pattern to match your planned destination.
  - Set your watch for the arrival time zone.
  - Arrive in the early evening so you can go to sleep by 10 p.m.
  - Allow time to adjust to higher elevations; oxygen levels influence sleep quality.

Sleeping pills have not been shown to resolve biological imbalance caused by jet lag. Consult with your medical provider if you are considering taking the hormone melatonin, a supplement sold as a circadian rhythm control mechanism.

### Caffeine Fast Facts

- Caffeine is the most commonly used stimulant in the world.
- Coffee may enhance weight loss, cognitive function and alertness.
- You shouldn’t depend on caffeine in beverages and food products to stay awake.
- Caffeine may have a negative impact on fertility, pregnancy and glucose control.
- Energy drinks containing high levels of caffeine should not be mixed with alcohol.

**Source:** Medical News Today



*"It's possible to catch up on lost sleep to some extent, but it takes a lot more than a few hours of extra shut eye to pay off sleep debt accrued over time."*