Are You Getting Enough Sleep?

Lack of sleep has been associated with various short and long-term effects, including:

- Increased anxiety	- Stroke	- Lack of alertness
- Hypertension	- Depression	- Diabetes

Tips for Better Sleep

- Keep a consistent sleep schedule. Get up at the same time every day

- Set a bedtime that's early enough for you to get at least 7 hours of sleep.

- Don't go to bed unless you're sleepy. If you don't fall asleep after 20 minutes, get out of bed.

- Establish a relaxing bedtime routine. Take a warm bath or shower about 30-45 minutes before you go to bed. This allows your body to relax, and the cooling sensation is very sleep-inducing.

- Use your bed only for sleep and romance.

- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.

- Limit exposure to bright light in the evenings.

- Turn off electronic devices at least 30 minutes before bedtime.

- Don't eat a large meal before bedtime. If you're hungry at night, eat a light, healthy snack.

- Exercise regularly and maintain a healthy diet.

- Avoid consuming caffeine in the late afternoon or evening, or alcohol before bedtime.

Resources for Sleep

- **A taste of Mindfulness In Motion** (a free mindfulness program for health care professionals (HCPs) offered to staff through Gabbe Health and Wellness)

  HCPs have found following 10-minute meditation to be the most helpful in terms of putting worries aside and getting a good night's sleep. Feel free to download and try this meditation before going to sleep, after settled in your bed: https://stream.osumc.edu/IntVideos/mim/Sleep10.mp3

- **Headspace®:** https://www.headspace.com

  - Link for non-NPI holding members: https://docs.google.com/forms/d/e/1FAIpQLScLSzNkapiJ-uVELPwI_bx8NJAfu3PfPQ9yvheXQdVRiRfMLA/viewform

- **Calm®:** https://www.calm.com

Stay connected! Let us know which technique/tool works best for you:

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