

Well-Being Program Nutrition Support

SLEEP

Follow A Regular Sleep Schedule

- Insomnia and poor sleep have been associated with an irregular sleep schedule.
- Establish a regular bedtime routine, as well as consistent bedtimes and wake times.
- Meditate, do light stretching, take a warm shower or read before going to sleep

Create The Right Environment

- Excess noise can increase nighttime arousals and contribute to insomnia.
- Engaging in highly demanding activities or using screens (e.g., TV, cellphones, computers) in the bedroom should also be avoided.
- Cooler temps make for better sleep (between 64 and 68 degrees).
- Utilizing humidifiers, fans, or “white noise” machines, earplugs, and blackout curtains are all techniques that may contribute to a more comfortable and relaxing environment.

Avoid Stimulants & Alcohol

- Consuming caffeine, nicotine, and alcohol, particularly close to bedtime, may contribute to sleep difficulties.
- The effects of caffeinated beverages, such as black tea, coffee, and soda, may last several hours after intake.
- Citrus fruit and very heavy, rich, or spicy foods may also contribute to sleep disruption in some individuals prone to digestive issues when consumed close to bedtime.
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Avoid Napping

- Daytime naps may result in difficulty falling asleep and fragmented sleep patterns, which may contribute to sleep deprivation and insomnia.
- If you need a nap, try to keep it under 30 minutes.

Get Some Sun

- Daytime exposure to natural light and darkness helps to regulate healthy sleep-wake cycles.
- Vitamin D deficiency has been associated with sleep disorders and symptoms such as short sleep duration, poor sleep quality, and sleepiness.
- Allowing natural light in the house and spending time outdoors during the day, even in colder climates, may help reduce the risk of vitamin D deficiency, improve sensitivity to light, and help synchronize the body’s circadian rhythms.

Exercise

- Regular exercise may help improve sleep in both healthy individuals and those with sleep concerns.
- Although some sleep recommendations suggest that exercising too close to bedtime may interfere with sleep, research in healthy individuals has found that nighttime exercise did not disrupt sleep.