



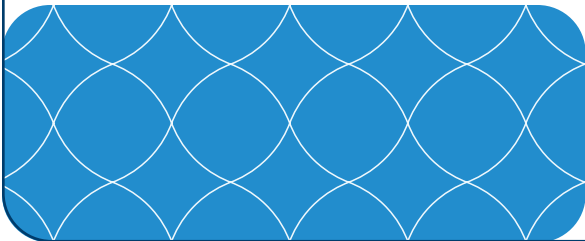
# Healthy Sleep

## Visit Eight

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Content for this guide was adapted from information provided by Healthwise by WebMD Ignite.



## Sleep and Your Health

Most adults do best when they get 7 to 9 hours of sleep each day. Sleep gives your brain a little vacation. During sleep, your brain has time to:

- Grow and repair cells.
- Form new pathways for learning, remembering, and processing information.
- Rebuild your energy for the next day.

When you don't sleep well night after night, you can have what's called sleep deprivation, or sleep debt.

Besides affecting your energy level and your mood, sleep debt affects your body in other ways. For example:

- You may feel pain more easily.
- Your risk for heart disease is higher.
- Your immune system has a harder time fighting infection.
- You may have mood swings.
- You may have trouble learning, solving problems, and remembering.

Not getting enough sleep is linked with a number of chronic diseases and conditions, including diabetes, obesity, and depression. Sleep debt can also cause serious problems like car crashes and work-related accidents.

## Sleep Problems

Many things can cause sleep problems, including:

- Changes to your sleep schedule.
- Stress.
  - Stress can be caused by fear about a single event, such as giving a speech.
  - Or you may have ongoing stress, such as worry about work or school.
- Depression, anxiety, and other mental or emotional conditions.
- Changes in your sleep habits or surroundings.
  - This includes changes that happen where you sleep, such as noise, light, or sleeping in a different bed.
  - It also includes changes in your sleep pattern, such as having jet lag or working a late shift.

- Health problems, such as pain, breathing problems, and restless legs syndrome.
- Lack of regular exercise.
- Using alcohol, nicotine, or caffeine before bed.

### Help for Sleep Problems

If you often have trouble sleeping or you feel very tired and find it hard to function during the day, talk with your doctor. Your doctor can check for any health problems that may be affecting your sleep. And let your doctor know about all medicines and natural health products you take.

Some may affect your sleep.

A counselor or therapist can help you cope with stress and may offer techniques for falling asleep. There are also steps you can take on your own to manage your stress.

To help you fall asleep, you may need to change your routine before you go to bed. Try limiting caffeine during the day. And avoid using your TV, computer, or smartphone while you are in bed.

Adapted from information provided by Healthwise by WebMD Ignite.

## Sleep and Weight Loss

Losing weight is hard, and keeping it off can be tough too. Scientists are still learning how sleep affects body weight. But they know a good sleep can help with weight loss, while not getting enough sleep can be bad for your health.

### Healthy Amount of Sleep

The best amount of sleep is 7 to 9 hours each night. Less than 7 hours of sleep can affect your body in ways that make it harder to stay healthy.

#### 7 to 9 Hours of Sleep

Helps your body feel full.

Makes you feel satisfied.

Helps you not feel as hungry.

Can help you stay at a healthy weight.

#### Less Than 7 Hours of Sleep

Makes your body create more hunger hormones.

Makes you feel hungrier.

Can make you eat more.

Might cause weight gain.

### Sleep, Hunger, and Energy

When you do not get enough sleep, you might eat more and burn less energy. This can make it harder to lose weight.

Not getting enough sleep can:

- Give you more time to eat.
  - Staying up late means more time to snack.
- Change what you choose to eat.
  - People who sleep less may eat out more, snack more, and have meals at odd times.
- Can make you want to move less.
  - Feeling tired can make you want to watch TV instead of moving your body.

Adapted from information provided by the U.S. Department of Health and Human Services and SleepFoundation.org.

## Simple Steps for Better Sleep

Sleeping well is just as important to your health as healthy eating and physical activity. Follow these tips to help support healthy sleep.



- Try to get at least 7 hours of sleep each night.
- Keep your bedroom as dark as possible.



- Use a white noise machine or free white noise app on your phone.
- Use your bed for sleep and sex only.
  - No reading, watching TV, or scrolling on your phone in bed.



- Do not lay in bed awake for more than 20 minutes.
  - Get out of bed and try some quiet and calm activities with low lighting until you are ready to try to sleep again.
  - If your brain will not shut off, write a list of what you are thinking about.



- Do not eat a large meal before bedtime.
- Stop looking at any type of screen at least 1 hour before bed.
  - No watching TV, computer, tablet, or phone.
  - Screens before bed can make it harder for your brain and body to feel sleepy.



- Develop a sleep routine.
  - Go to bed at the same time every night.
  - Try to wake up around the same time every morning, even on weekends, holidays, and vacations.
- Never nap after 3:00 p.m.



- Try to relax before bedtime. For example, take a bath.
- Use lavender body wash, soap, and body lotion before bed.



- Keep your bedroom cool.
  - Between 62° to 68° are the best temperatures to sleep.
- Use the “cooling effect” for better sleep.
  - People sleep better when their core body temperature is higher and the room temperature is lower.
  - The bigger the temperature difference, the better you sleep.



- Choose drinks without caffeine.
- Do not drink alcohol close to bedtime.
- Stop drinking any drinks 1 hour before bedtime.
- Try drinks that make you sleepy 1 hour before bed.
  - Try Sleepytime® Celestial Seasonings® Tea.
  - Try Golden Milk (recipe on the next page).



- Do not smoke.



## Golden Milk Recipe

Makes 3 Servings

### Ingredients:

- 2 cups (c) whole organic milk
- 1 teaspoon (tsp) turmeric
- 1 teaspoon (tsp) organic raw honey
- ½ teaspoon (tsp) cinnamon
- ½ teaspoon (tsp) pure vanilla extract
- ¼ teaspoon (tsp) ginger
- A pinch of black pepper

### Directions:

1. Mix the ingredients in a blender or Magic Bullet.
2. Heat the blended milk in a small pot over medium heat. Let it get warm for 3 to 5 minutes. Do not let it boil.
3. Take it off the heat put it in a coffee or tea mug.
4. Drink 1 hour before bedtime.

## Sleep Well, Stay Healthy

Getting enough sleep is important for your health. When you sleep well, your body works better and helps you stay at a healthy weight. Simple habits like going to bed at the same time each night, drinking less caffeine in the afternoon, and turning off bright screens before bedtime can make a big difference.

Good sleep helps you feel more awake, do better in school or at work, and makes you happier overall. So, make sleep a priority. It is one of the easiest ways to take care of yourself.

Adapted from information provided by Harvard School of Public Health.

## Sleep Journal

A sleep journal helps you see if you are getting enough good sleep. It tracks when you go to bed, when you wake up, and how you feel. It can help you find ways to sleep better. It also lets your doctor check if you might have a sleep problem. You can use the sample sleep journals on the next pages or make your own. Write it down on paper or use a phone or computer.

Information provided by Healthwise by WebMD Ignite.



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Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What time did you go to bed last night?							
How long did it take to fall asleep?							
What time did you get up?							
Did you wake up during your sleep time? How many times? For how long? Did you get out of bed?							
How much total sleep did you get?							
How tired do you feel, on a scale of 1 to 5? (Very tired = 5)							
Overall, how tired did you feel yesterday, on a scale of 1 to 5? (Very tired = 5)							
How unusual or stressful was your day yesterday, on a scale of 1 to 5? (Very unusual or stressful = 5)							
What did you do during the 30 minutes before bed?							
Yesterday, did you: Take any naps? How long? When?							
Yesterday, did you: Drink alcohol? How much?							
Yesterday, did you: Have any caffeine? How much? When?							
Yesterday, did you: Do any physical activity? What? When?							
Yesterday, did you: Eat big or spicy meals? What? When?							
Yesterday, did you: Take any medicines, including over-the-counter or herbal ones? What? When?							

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