



# Live Well, Work Well

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## Invest in your rest



Strategies to manage stress during the day often aren't as helpful when it's time for bed, especially since intrusive thoughts can make it challenging to fall and stay asleep.

According to Stanford Medicine, the two main contributors to potential deteriorating sleep conditions are changes in stress levels and changes in sleep behaviors.

Without education and professional guidance, sleep disorders can directly affect the way we feel, look and function, since interrupted or unfulfilled sleep prevents adequate muscle repair, memory consolidation and appetite/growth regulation<sup>1</sup>.

### Six tips to maximize sleep quality



**Stay consistent:** Go to bed and wake up at similar times each day and night. Your body will start to acclimate to your circadian rhythm (body clock).



**Say no to caffeine and alcohol:** Caffeine and alcohol both can prohibit falling asleep when consumed in the afternoon or evening.



**Break a sweat:** Exercise increases body temperature, and the post-exercise decrease promotes falling asleep. It may also reduce insomnia by decreasing arousal, anxiety and depressive symptoms. Don't exercise too late in the day.<sup>3</sup>



**Keep your room cool and dark:** Your brain and body prefer a dark, cool environment. A temperature range of 60 to 68 degrees Fahrenheit stimulates melatonin production, which encourages sleep.<sup>4</sup>



**Dump the distractions:** Noises, bright lights, and electronics in the bedroom are a recipe for disaster at bedtime. Dedicate your room to quiet time without technology and distractions.



**Try meditating before bed:** Whether you practice on your own or use a guided mobile app, meditation helps create healthy sleep patterns.<sup>5</sup>

### Do you identify with any of these sleep disorders?

Although there are more than 80 different types of sleep disorders, the following list outlines the most common and major conditions.<sup>2</sup>

- **Insomnia:** When you're unable to fall asleep and stay asleep. This is the most common type of sleep disorder.
- **Sleep apnea:** A breathing disorder that causes you to stop breathing for 10 sec. or more during sleep.
- **Hypersomnia:** If you are unable to stay awake during the day. This includes narcolepsy, which causes extreme daytime sleepiness.
- **Circadian rhythm disorders:** Problems with the sleep-wake cycle, leading to an inability to sleep and wake at the right times.
- **Parasomnia:** Acting in unusual ways while falling asleep, sleeping, or waking from sleep, such as walking, talking, or eating.
- **Restless legs syndrome (RLS):** A tingling or prickly sensation in your legs, along with a powerful urge to move them.

For additional suggestions and information on how to improve your sleep, check out the National Sleep Foundation: <https://www.sleepfoundation.org/>



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