



**BUILDING BETTER LIVES**

# **SLEEP TIPS**

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## THE IMPORTANCE OF SLEEP FOR WELLNESS

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## WHAT IS SLEEP HYGIENE?

Sleep hygiene is the practice of specific habits meant to help you get a better and more restful night's sleep.

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Dr. Brian Cole is an Orthopedic and Sports Medicine Surgeon in Chicago who serves as team physician for Chicago professional basketball and baseball. Dr. Cole promotes physical fitness and sleep for overall health and well-being. Below are some tips and insights regarding the importance of sleep.

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## NOT GETTING ENOUGH SLEEP MAY NEGATIVELY IMPACT

- How you respond to stress
- Memory
- Your immune system
- Cardiovascular health
- Mood

# 9 TIPS TO SUPPORT YOUR SLEEP HYGIENE:

1

## EXERCISE AT THE RIGHT TIME

Getting frequent exercise may help promote better sleep, but it's best to avoid exercise in the few hours prior to bedtime, as it can disrupt your sleep cycle.

2

## SEEK QUIET

Try to sleep in a quiet room. If noise is unavoidable, you can turn to “white noise,” a constant, subtle background noise that can drown out more intrusive sounds. Some people use a box or standing fan for white noise. There are also free white noise apps or videos available online. White noise may help prevent distractions and support relaxation.

3

## ESTABLISH A ROUTINE

Make and stick to a sleep time routine – try to go to bed and wake up at the same time every day, even on the weekends.

4

## TRY AGAIN

If you can't fall asleep within 20 minutes of going to bed, it's okay to get up and participate in a relaxing activity like reading or meditating, then try again. Avoid overly stimulating activities or screen time.

5

## RESEARCH AND USE TOOLS

Many apps now provide support and educational tools to help promote a better night's sleep. Meditation apps, sleep trackers and music channels are examples of resources you can use to learn more about sleep hygiene.

6

## ESTABLISH BOUNDARIES

Avoid working from your bed – your bedroom should be a sanctuary for sleep and relaxation.

7

## PRIORITIZE COMFORT

Make sure that your bed is comfortable – simple and often inexpensive upgrades like a better pillow may make a positive difference in your overall quality of sleep.

8

## SET THE RIGHT TEMPERATURE

The temperature of your bedroom can impact your sleep quality. The ideal temperature for comfortable sleep is around 65 degrees, though your personal preferences may vary.

9

## SET A TARGET

Healthy adults should aim to get between 7 to 9 hours of sleep per night.