



Getting Enough Sleep

For many, this is an especially stressful time of the year. To maintain self-care, wellness, safety and readiness, getting enough sleep is crucial. Getting enough sleep is not a sign of weakness, nor should it be a luxury. This holiday season (and beyond), give yourself the essential gift of sleep!

Fast Facts

- Sleep is necessary and not a waste of time! It is vital to your well-being and quality of life (...and READINESS!).
- Quality sleep protects your mental and physical health and safety.
- Sleep deficiency increases your risk of obesity and is linked to an increased risk of stroke, hypertension, and heart and kidney diseases.
- You can't catch up on sleep on the weekends.

What's not normal

- Habitual snoring.
 - Taking longer than 30 minutes to fall asleep.
 - Not feeling well-rested despite sleeping for 7 or more hours.
 - Waking up too early.
 - Waking up frequently in the middle of the night and having trouble falling back asleep.
 - Feeling sleepy during the day and ability to fall asleep within 5 minutes if given an opportunity to nap.
- ❖ *These may be signs of a sleep disorder. Talk with your doctor if you experience any of these >3 nights a week.*

Reminders for good sleep hygiene

- ✓ Follow a sleep preparation routine.
- ✓ Keep room dark and cool.
- ✓ Avoid using mobile devices prior to bedtime.
- ✓ To recharge, consider taking a nap over a caffeine fix.
- ✓ Cease caffeine intake about 8 hours before bedtime.
- ✓ Go to sleep and wake up at the same time every night and day, including weekends.
- ✓ Try to eat your last meal of the day 3-4 hours before bedtime.
- ✓ Try not to exercise too close to bedtime (within about 2 hours).

If you work a night shift...

- ✓ If possible, add naps to increase your total amount of sleep.
- ✓ Mimic a normal schedule in your environment by using bright lights at work and getting rid of sound and light distractions in your bedroom during daytime sleep.
- ✓ Allow your internal clock to adjust to a nighttime work schedule by minimizing the number of shift changes.
- ✓ Only use caffeine early in your shift.

References: NHLBI/NIH, "[Your Guide to Healthy Sleep](#)," (NIH Pub #11-5271, revised 2011, accessed 10/9/18); [CDC](#) (accessed 10/9/18); [www.health.mil/sleep](#) (accessed 10/9/18); [NHLBI/NIH](#) (accessed 10/9/18); [NINDS/NIH](#) (accessed 10/10/18); Dr. Carla York, WRNMMC.

How much sleep do you need?

- Most people 16 - 65+ years old need 7-9 hours of sleep, though it varies with each individual.
- ≤ 6 hours of sleep nightly is considered chronic sleep deprivation.

Naps

Naps boost creativity, energy levels, alertness, memory and cognitive function.

- Adults should nap for no more than 20 minutes.
- Avoid napping too late in the afternoon.

Take care!