Sleep and You!

• Causes of Poor Sleep
• Thieves of ZZZs
• Getting Your 40 Winks
Causes of Poor Sleep

As a result of your fatigue, you may experience:

- Forgetfulness
- Slow reaction time
- Increased accidents and illnesses
- Lower productivity
- Poor decision making
- Lethargy
- Mood problems

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Could any of these be robbing you of quality sleep each day?

- Stimulants (caffeine)
- Nicotine
- Medications (decongestants, steroids)
- Alcohol
- Hormones (monthly fluctuations)
- Lifestyle factors (large spicy meals)
- Environment (light, noise, temperature)
- Your health (weight, sleep apnea, etc.)
Getting Your 40 Winks

**Food and Drink**

- Avoid drinks containing caffeine in the evening.
- Don’t eat a large meal or spicy foods before turning in.
- Eat small amounts of carbohydrate-rich food.

**Bedtime Routine**

- Maintain a fixed bedtime and wake-up time.
- Make sure the room temperature is comfortable for you.
- Your bedroom should be dark, peaceful and quiet.
- Avoid exercise near bedtime. However, exercising during the day actually promotes sleep at night.
Getting Your 40 Winks

Relaxation Techniques

• Try a hot bath or shower or a massage before bed.
• Free your mind and body of tension with gentle stretches or progressive muscle relaxation.

Still Can’t Fall Asleep?

• If you still can’t fall asleep, get up and read in a chair for a while, then try again.
• If you continue to have problems or suspect sleep apnea, restless leg syndrome or chronic insomnia might be an issue, call your health care provider.