



Having trouble sleeping?

Healthy sleep habits can make a big difference in your quality of life.

According to the National Sleep Foundation, most healthy adults need seven to nine hours of sleep a night. Some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their peak unless they've slept ten hours.

Healthy Sleep Tips:

- 1. Stick to a consistent bedtime and sleep schedule, even on the weekends.**
- 2. Avoid naps, especially in the afternoon. Napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.**
- 3. Exercise regularly. Exercise at any time of day, but not at the expense of your sleep.**
- 4. Make your bedroom conducive to sleep; your bedroom should be cool and free from light and noise. Check your room for noises or other distractions. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.**
- 5. Avoid Cigarettes, alcohol, and heavy meals in the evening.**
- 6. Practice a relaxing bedtime ritual. A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep or get a sound and deep sleep.**
- 7. Your bed should be used for sleep, it is best to take work materials, computers and televisions out of the sleeping environment.**
- 8. Sleep on a comfortable mattress. The life expectancy of a mattress is about**

9 or 10 years for most good quality mattresses.

**For more healthy sleep tips contact Kristina.Thibeault@lakeareatech.edu,
counselor at LATI.**