



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GUIDE TO GETTING MORE SLEEP

Studies have shown the relationship between inadequate sleep and a wide range of health conditions, including hypertension, obesity, type-2 diabetes, impaired immune functioning, cardiovascular disease, mood disorders, neurodegeneration and dementia, and even loneliness. Here are eight simple tips to help you start getting a good nights sleep.



## STICK TO A SLEEP SCHEDULE

Got to bed and get up at the same time every day. This includes weekends and during vacations.



## INCLUDE PHYSICAL ACTIVITY IN YOUR ROUTINE

Physical activity initiates a change in energy use and body temperature promoting sleep.



## CREATE A PRE-BEDTIME ROUTINE

Try winding down for 30 minutes, lowering the lights, and disconnecting from devices.



## MANAGE WORRIES

Calm your mind throughout the day with meditation, yoga, and breathing exercises.



## CREATE A RESTFUL ENVIRONMENT

Make sure your bedroom is a place of comfort and relaxation from bedding to room temperatures.



## PAY ATTENTION TO WHAT YOU EAT & DRINK

Monitor your caffeine intake, be mindful of alcohol, and don't eat too late to help with digestion.



## LIMIT NAPS

Take smaller and earlier in the day naps to avoid throwing off your sleep schedule.



## KEEP A SLEEP DIARY

Experiment and find out what works best for you.

## RESOURCES

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

<https://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6281147/>

» [GWCYMCA.ORG/Stronger-Together](https://www.gwymca.org)