

ANDREA  
METCALF

# HEALTH INSPIRED SLEEP

630.670.4700. AM@ANDREAMETCALF.COM

According to the National Sleep Foundation, adults need 7-9 hours of sleep per night so you're doing a great job sleeping. Here are a few ideas that you can try if something changes.

- Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
- Practice a relaxing bedtime ritual. Just like kids, we need a nice story and bath time too.
- Avoid naps, especially in the afternoon.
- Exercise daily. Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
- Evaluate your room. Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 60 and 67 degrees.
- Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive. Mattresses life is only about 10 years so maybe it's time to get a new mattress.
- Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check.
- Avoid alcohol, cigarettes, and heavy meals in the evening. Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. If you can, avoid eating large meals for two to three hours before bedtime. Try a light snack 45 minutes before bed if you're still hungry.
- Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading.
- If you can't sleep, go into another room and do something relaxing until you feel tired. It is best to take work materials, computers and televisions out of the sleeping environment. Use your bed only for sleep and sex to strengthen the association between bed and sleep.
- Take Magnesium. It helps regulate sleep quality and plays a part in helping you achieve deep and restful sleep as well.
- If you're still having trouble sleeping, don't hesitate to speak with your doctor or to find a sleep professional. You may also benefit from recording your sleep in a Sleep Diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.

Keep in mind that many people suggest Melatonin as a sleep aid but it merely helps set circadian rhythm which may happen from shifting sleep times and jet lag.

**ANDREAMETCALF.COM**