



Sleep Challenge

As many of us know, sleep plays a critical role in mental, physical, and emotional health, making it one of the most important wellness activities of one's day. Unfortunately, when things get hectic in our lives, sleep quantity and quality are usually the first areas that suffer. Studies show that one in three adults do not get enough sleep. This week's wellness challenge centers around improving the quality and quantity of our sleep and includes activities that promote restful sleep.

- Increase sunlight or bright light exposure during the day
 - Reduce exposure to blue light/electronics in the evening
 - Do not consume caffeine after 3 – 4:00pm
 - Try to sleep and wake at consistent times each day
 - Avoid alcohol
 - Do not work or study in your bedroom
 - Create a relaxing environment in your bedroom
 - Set your bedroom temperature to a comfortable sleeping temperature, if possible
 - Do not eat late in the evening
 - Take a relaxing bath or shower before bedtime
 - Engage in relaxing activities before bedtime such as: reading, meditation, deep breathing, visualization, aromatherapy, listening to relaxing music, etc.
 - Purchase a new pillow or soft sheets
 - Exercise, but not right before bed
 - Cut back on sugary foods and drinks
 - If your mind races at night, keep a journal nearby to jot down your thoughts so you can revisit them the next day
 - Limit daytime naps
 - Download a sleep app with relaxing sounds such as white noise, rain, or the ocean
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