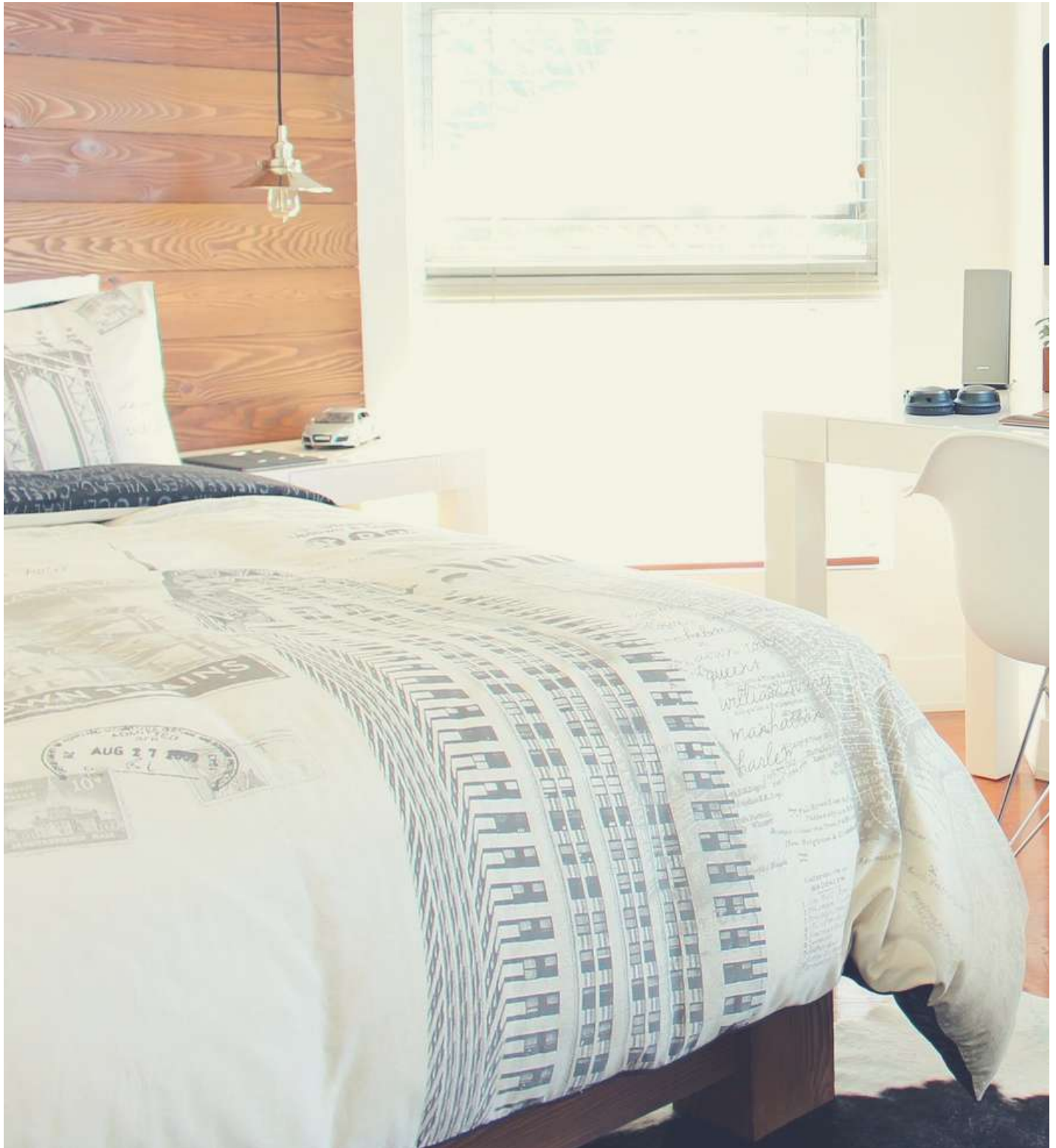


SLEEP HYGIENE

Handout



THATORGANICMOM.COM

FOR PEOPLE WHO WANT TO GET A GOOD NIGHT'S SLEEP

SLEEP HYGIENE

Adults need about 7-8 hours of uninterrupted sleep each night on a consistent basis? Are you getting enough?

According to the CDC, one-third of us do not achieve the minimum of seven hours sleep per night. Even though many of us know that we aren't getting enough, we are still doing nothing to improve our sleep tally!

Sacrificing sleep is not always about working too much either. Social media and TV time are among the things that we tend to put before getting consistent good sleep.



Sleeping in a room that is too warm means your body will need to work at regulating your body temperature. Scientists have found that our body temp drops before bed, possibly to conserve energy while we are sleeping, although that is just a theory. When your body is working to cool off, it means that you will wake more and sleep lighter.

The solution is to program your home thermostat to drop the temperature (optimal temp is 60-67 degrees) during sleep and then back up right before you normally wake up.



Sleep experts suggest sleeping on your back makes it easy for your head, neck, and spine to stay in a neutral position without forcing any extra curves into your back. Also, it may help prevent wrinkles.

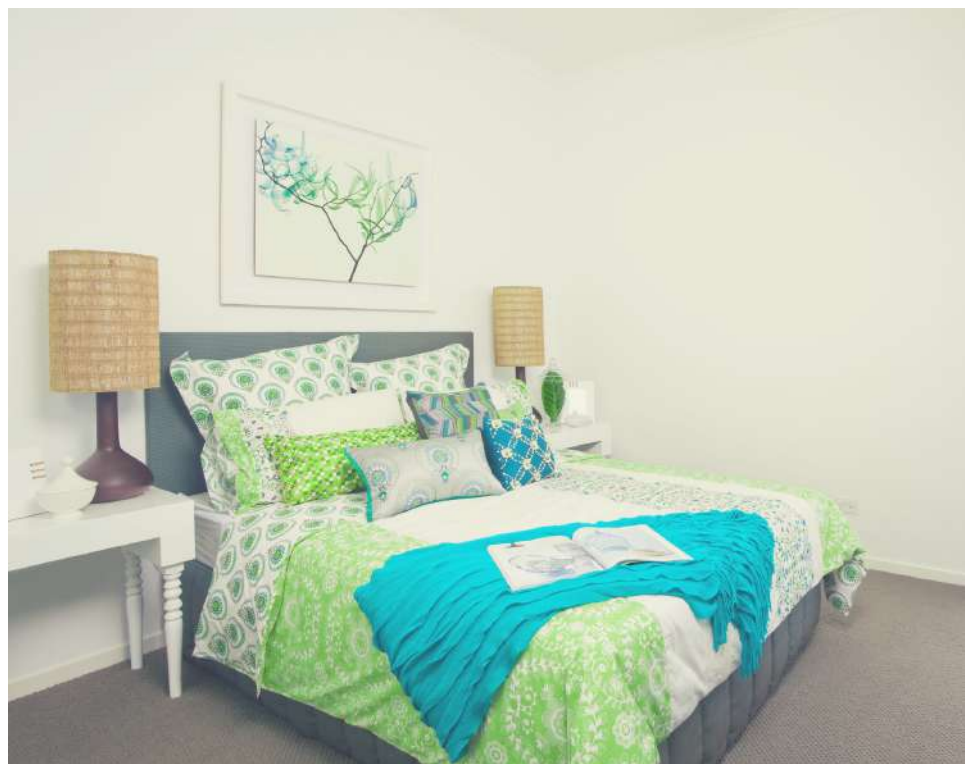
If you find it uncomfortable try putting a small pillow underneath your knees to flatten out the lumbar spine. Having your knees in a neutral position this way allows you to take pressure off of your joints causing less back pain.

If you suffer from acid reflux and stomach disorders you might try sleeping on your left side. Chronic snorers can also find relief in this sleep position.

Sleeping on your side does help your body to remove toxins and waste from your brain more efficiently, according to some ongoing research.

Sleeping on the side, back slightly curled with knees bent and arms folded is the position we call "Sleeping Beauty"

SLEEP POSITION AND ENVIRONMENT PLAY AN IMPORTANT ROLE IN GOOD SLEEP HYGIENE





SLEEPING WITH SPOUSE, KIDS OR PETS CAN DISRUPT A GOOD NIGHT'S SLEEP

More and more couples are opting to sleep in separate bedrooms for one reason or another:

Sleep habits - Night owls and early birds have a hard time finding a bedtime routine that works for both. Those who prefer not to watch TV late into the evening may be disturbed by their late night watching partner.

Disruptions - When your bed-mate snores, tosses, turns, pulls the covers and gets up to use the bathroom it can be difficult to sleep! (memory foam mattresses can lessen the disruption of movement)

Environment - One person likes it hot; one person prefers an Arctic breeze! Lighting preferences, number of blankets,

Equipment - One partner likes a soft mattress, the other a firm.

Schedule conflicts - When one person works a different shift.

Cosleeping - Parent's are not always in agreement when it comes to sharing the bed with a toddler or two!

There's nothing wrong with keeping separate bedrooms. Just make sure to find other ways to maintain closeness and intimacy. Some people do choose disrupted sleep over sacrificing the intimacy and feeling of safety that comes with sleeping with their partner. If both people are suffering, though, you might consider sleeping separately.



Getting poor quality or not enough sleep can be detrimental to your health. Here are a few health problems that often occur when we come up lacking:

- Weakened immune system which can open the door to illness
- Weight gain because your body is producing less leptin and more ghrelin
- Depression, anxiety, panic attacks, and other mood related disorders can be a symptom of sleep deprivation and often correct with the return a regular bedtime and wake schedule.
- Increased risk of Type 2 Diabetes because sleep deprivation can prevent your body from regulating blood sugar levels properly.
- High Blood pressure is more likely to occur in people who get less than five hours per night.
- Can make us more accident prone to things such as car accidents or injuries at the workplace.
- Dementia and even Alzheimer's Disease



Sleep deprivation can also negatively affect lifestyle in the following ways:

- Impairs judgement
- Puffy or sunken eyes
- Dark circles under eyes
- More prominent wrinkles
- Lower libido
- Fatigue and malaise
- Forgetfulness
- Reduces the attention span
- Reduces reaction time

Your surroundings, including your mattress and bedding, have a major impact on the quality and quantity of your sleep which determines how you will function and feel every day. I'm sure that it's not necessary to convince you how bad missing out on slumber is for your health.



- Keep the temperature below 68 degrees; most experts say 65 degrees is the perfect temperature.
- Declutter your bedroom. Busy rooms will create an active mind and thinking keeps you awake!
- Using blackout curtains to darken your room to block as much light as possible.
- Keep electronics out of the bedroom as the light emitted from electronics can suppress your body's melatonin production.
- Use white noise to help you fall asleep. At least 75% of people say that noises in the environment kept them from sleeping soundly.
- A mattress and pillow that are comfortable for you. If you suffer from aches and pains, it may be time to update your mattress. Over 90% of people polled cited a comfortable mattress as one of the top priorities for a good nights rest which should be one of the first steps to take if one is experiencing insomnia.
- Fresh sheets will help you look forward to bedtime as if you don't already! Adding lavender essential oil to your dryer can help you to fall asleep faster.
- Skip caffeine after noon and also avoid other stimulants (such as energy drinks, chocolate) before bedtime.
- Drinking chamomile tea or Sleepytime tea an hour or so before bedtime can help you relax.
- Alcohol does not help you get better sleep. Instead of rebuilding your body while you sleep, your body will be making up for the anti-diuretic hormones lost and repairing the metabolic cascade.
- If your partner snores or keeps you awake at night consider separate beds. On average, couples who share a bed experience 50% more disturbances. If you can't stand to be apart, try using white noise to cover snoring!
- A lukewarm bath can relax your muscles, but a hot bath will increase your body temperature and as a result make it harder to fall asleep!
- Deep breathing or the 5-5-5 breathing method can help. Take a breath for a count of five, hold for a count of five, then release for a count of five. (Can help with anxiety as well)
- Prayer can be beneficial for calming the mind, therefore helping you relax and drift off.
- Get rid of your alarm clock or at least consider moving it out of your bedroom.

TIPS THAT MAY HELP YOU GET YOUR Z'S MORE EFFICIENTLY.



CREATING AN OASIS FOR SLEEP

A bedroom oasis will help you get quality sleep, night after night! Hopefully, you spend at least a third of your day in your bedroom. If not, you should be! Having a peaceful oasis to go to when your work day ends and a calm spot to wake up in is one of the best gifts you can give yourself.

When furnishing your bedroom, think minimalistic. In other words, try to keep the exercise equipment, desks, computers, and other hobby supplies out of the bedroom.

Having a lot of furniture and other “stuff” in your bedroom leads to feelings of chaos and reduces the calming effect your bedroom should have on you.

In addition to carefully selected furnishings, try to reduce clutter by clearing the tops of the dressers and nightstands. It only takes a few minutes each morning to make your bed. Try it, as this really can make your bedroom seem more luxurious.

If possible avoid having family portraits, etc. hanging on the walls. Instead, opt for one or two large pieces of art that make you feel happy or calm.

The best lighting for your bedroom is a dimmable lamp. Being able to turn down the lighting creates a warm, inviting atmosphere. Overhead fixtures are great for when you need to clean your room or look for something, but when you are just hanging out in your bedroom, use soft lighting.

Also, try using blackout curtains or shades on your window if street lights or city lights come in your windows.

Keeping plants such as Mother-in-laws Tongue in your bedroom will detoxify the air and can help you sleep better.

HOW TO CHOOSE THE RIGHT MATTRESS FOR YOU

Choose a breathable mattress. Some memory foam mattresses retain heat and cause you to sweat at night. Choose breathable memory foam to reduce heat retention and ensure year-round temperature comfort. Preferably a semi-open cell structure that allows heat to escape and air to flow around the body

Choose a mattress that is resistant to common allergens such as mold and dust mites. Keeping your indoor environment free of biological contaminants is important to your health. Mold and dust mites can cause allergies, asthma, sneezing, runny or stuffy nose, red or itchy eyes, coughing, and itching. Dust mites are a common cause of asthma in children.

Choose a certified toxin free mattress made without harmful azo-dyes. Some azo dyes contain or else break down to form, a class of chemical substances referred to as aromatic amines. Certain aromatic amines such as benzidine, 3,3'-dimethoxy benzidine and p-amino azobenzene that may be derived from azo colorants are considered to be hazardous.

Expert authorities such as the World Health Organisation (WHO) International Agency for Research on Cancer (IARC) have classified some of these aromatic amines as known or suspected human carcinogens. This is especially important to avoid in keeping children healthy.

Choose a mattress made with natural and renewable materials. Avoid petri-based products and those with conventional fibers. If you are concerned about the environment you'll want to avoid the use of toxic products because they are harmful to the outdoor environment as well.



The Sleep to Live Institute recommends replacing pillows every SIX months while the Sleep Council in the UK says every two years. Every year is a good middle ground. Some of the reasons you might want to replace pillows include dust mites, fungal spores, flame retardant chemicals, and improper sleep position.

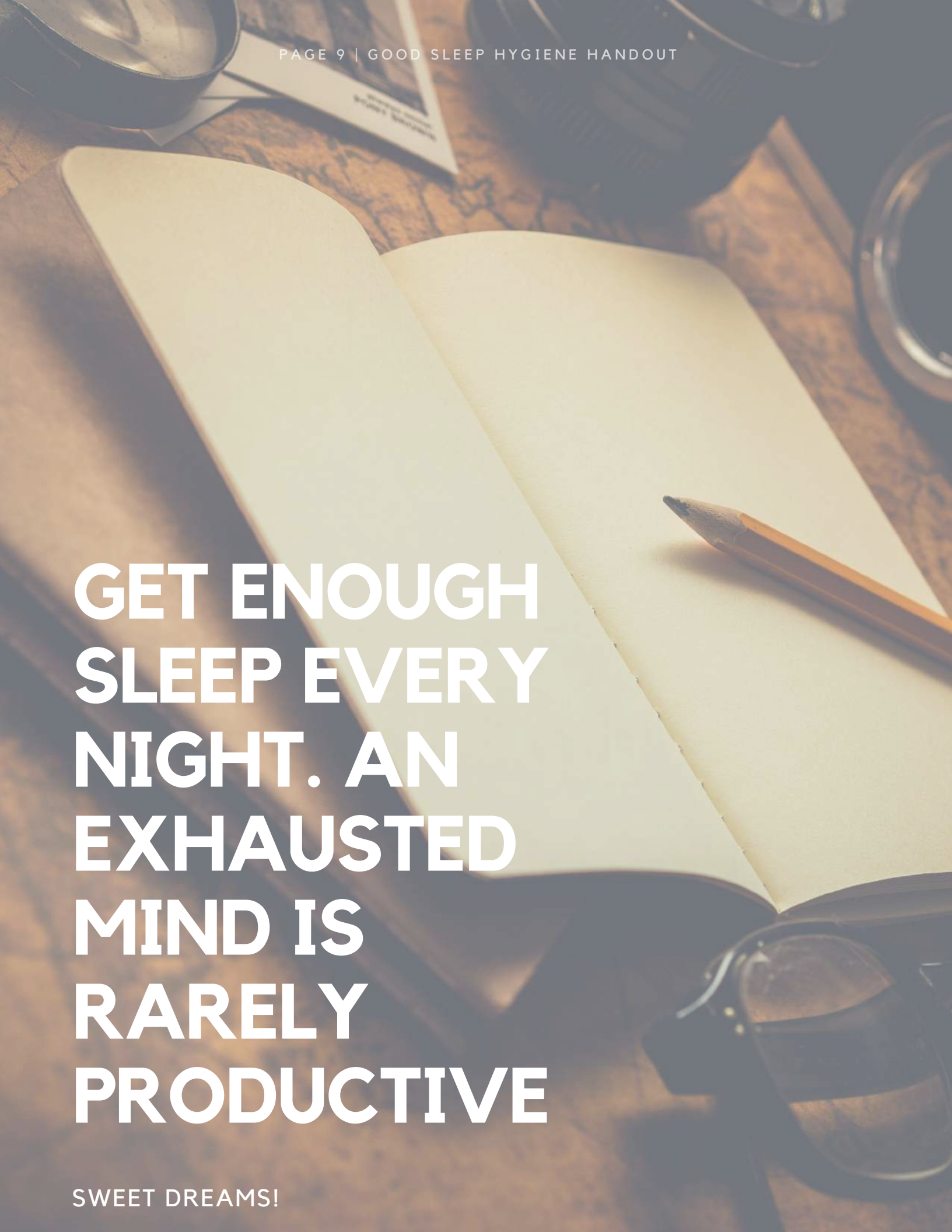
If you are a side sleeper you might consider purchasing a contour pillow with a shoulder notch and sloping surfaces.

HOW OFTEN SHOULD YOU REPLACE YOUR PILLOWS AND MATTRESS

Typically, conventional mattresses need to be replaced every seven years. Obviously, if your mattress is showing signs of wear and tear on the outside it is a good indication that it needs to be replaced. Things like sagging, tears or holes in the mattress are probably a sign of overuse.

If you wake up in pain or stiff and feeling tired even after you have slept all night or you get a better night's sleep after spending the night away from home, it might be time to replace your mattress.



An open notebook with blank pages is the central focus, resting on a wooden desk. A pencil lies on the right page. In the background, a pair of glasses and a small card are visible. The overall lighting is warm and soft, creating a calm, studious atmosphere.

**GET ENOUGH
SLEEP EVERY
NIGHT. AN
EXHAUSTED
MIND IS
RARELY
PRODUCTIVE**

SWEET DREAMS!