

### Getting a Good Night's SLEEP

Better sleep means better health. There are many time-tested remedies for getting a good night's sleep. Get into a healthy routine. Do the same things in the same order every night. Aim for at least 7.5-9 hours nightly. Teens often need MORE.

<b><u>Do</u></b>	<b><u>Avoid</u></b>	<b><u>Extra help</u></b>
Hot shower or bath	Exercise within an hour before bedtime	Consider:
Exercise during the day	TV in bedroom	<i>Herbal teas</i> containing chamomile or lemon balm (SleepyTime™)
Wear special clothes for sleeping (pajamas)	Loud or energizing music before bed	<i>Dietary supplements</i> such as melatonin (3 mg), amino acids such as tryptophan or 5-HTP, or herbs such as valerian – talk with your doctor.
Cool bedroom	Using bedroom for phone, TV, computer, or homework (non-sleep activities)	
Dark room. No night lights. Close curtains to keep light out.	Caffeine after noon	Talk with your clinician about <i>cognitive behavioral therapy</i> or counseling to help manage stress
Scent of lavender or chamomile	Alcohol before bed	
Massage	Heavy meal (more than 1000 calories) within 2 hours before bed	
Soft, calming music	Arguments before bed	
Protein snack (milk, peanut butter sandwich or nuts)	Exciting computer or electronic games before bed	
Write in journal; gratitude	NEVER smoke anything in bed!	
Stress management practice (deep breaths; count breaths; meditate; biofeedback; guided imagery- check out HealthJourneys; prayer)		

#### **Risks of Inadequate SLEEP:**

- Sadness, irritability, moodiness, feeling worried or out of sorts
- Weight gain
- Difficulty concentrating
- Weakened immune function

#### **Benefits of sufficient SLEEP:**

- Better mood, calmer, more confidence
- Stronger immune function; better weight
- More easy-going; less irritable
- Better focus, attention, clarity and memory