

Tips for a Better Night's Sleep



Make mornings consistent

Try to have a set wake-up time regardless of when you fall asleep. And wake up consistently even on the weekends. It might be difficult at first, but after about a week your body clock will automatically adapt and make you feel sleepy earlier.



Go to bed sleepy

Listen to your body and go to bed when it tells you. Going to bed before you are actually sleepy can lead to anxiety and frustration, making sleep even more elusive. Conversely, don't stay up past the point of sleepiness just to finish a show or a book.



Relaxation is key

Turning off your brain isn't easy, but yoga, stretching and breathing exercises can help clear your mind and center you for sleep. Making a journal entry, reading a book or enjoying a hot bath can also be helpful.



Put away your phone

The light produced by these devices can stimulate the brain and push sleep further away. Also, the emotions and thought patterns generated by browsing social media and the news can promote anxiety.



Eat early to sleep early

Digestion is an activity. Let it run its course so you are in a better position to fall asleep easily while avoiding heartburn, weight gain and other potential health issues.



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Sweat it out in the morning

Because a relaxed body is more likely to fall asleep, try to get your exercise in the morning or early afternoon.



Collect data while you dream

Understanding your sleep patterns can give you helpful insights into your own habits and lead to strategies for possible solutions. Devices such as Fitbit or Microsoft Band can be helpful in tracking sleep patterns, especially when your habits are erratic.



Talk to your doctor

Avoid over the counter sedatives. Instead, contact your physician if you continue to experience trouble sleeping. They can help you find the right treatment course and help you get back on track.



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