



Wellness Buddy Wednesday Tip

Are You Getting Enough Sleep?

Feeling down and out lately? Lack of sleep could be the problem. Finances, work, household responsibilities, the holidays or other unexpected challenges can make sleep elusive. Try these suggestions for creating an environment to encourage a restful night:

- **Go to bed and get up about the same time every day, even on the weekends.** A regular schedule maintains your body's sleep-wake cycle.
- **Don't eat or drink large amounts before bedtime.**
- **Avoid nicotine, caffeine and alcohol in the evening.** These are stimulants that can keep you awake.
- **Exercise regularly.** Move, move, move! Daily physical activity can help you fall asleep faster and make your sleep more restful.
- **Make your bedroom cool, dark, quiet and comfortable.** Adjust the lighting, temperature, humidity and noise level to your preferences.
- **Sleep primarily at night.** Limit daytime sleep to about a ½-hour and make it during mid-afternoon.
- **Choose a comfortable mattress and pillow.**
- **Start a relaxing bedtime routine.** Do the same things every night to tell you body it's time to wind down.
- **Go to bed when you're tired and turn out the lights.** If you don't fall asleep within 15 to 20 minutes, get up and do something else. Go back to bed when you're tired.

Healthy Communities, Healthy People Program
Jackson County Health Department
P O Box 310
3045 4th Street
Marianna, FL 32447

Mary Beth Gurganus, LD/N
Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



Providing guidance and support to make the "healthy choice the easy choice!"