

Sleep for Better Health

Sleep is more than just rest. It is a time to regulate hormones, support recovery, and maintain overall health. Prioritize good sleep habits to help your body and mind function at their best.



Daytime Tips to Help with Sleep

Keep a consistent routine

Go to bed and get up at the same times each day. A regular wake time helps to set your body's natural clock. In addition to sleep, stick to a regular schedule for meals, exercise, and other activities. Make this a priority for all members of your household.

Get morning light

Get up, get out of bed, and get some light. Regular exposure to light in the morning helps to set the body's clock each day. Open windows and let it in the sunlight as much as possible. Morning light helps you wake up, improves mood and makes it easier to go to sleep at night.

Get moving

Exercise helps improve your sleep quality at night, reduce stress, and improves mood. Fit in exercise as much as you can. Consider doing "mini" workouts throughout the day if you are short on time, such as 10 squats while waiting for your computer to load, taking the stairs instead of the elevator, sitting on an exercise ball instead of a chair at your desk etc. See the "Stay Active" handout for more ideas on how you can remain physically active even with limited time. <https://myllu.llu.edu/livingwhole/athomewellness/>

Only use the bed for sleep

To train our minds to associate the bed with sleep, avoid doing other activities such as eating, watching TV, or working on our beds.

Avoid caffeine late in the day

Switch from coffee or tea to water or warm herbal tea, which can have a calming effect. In some people, caffeine can linger in their system for 20-30 hours! If falling asleep at night is a challenge for you, consider eliminating caffeine altogether.

Night Time Tips to Help with Sleep

- **Reduce screen time an hour before bed**
Avoid the news and all electronics at least one hour before bedtime. Light from screens disrupts melatonin, a hormone that the body makes to help us sleep. Remind yourself by setting a timer or putting your television on the sleep setting. Make a pact with your family to respect these parameters.
- **Practice a relaxing bedtime ritual**
Taking a warm bath, reading a book, listening to soothing music, praying, journaling or practicing breathing exercises are great ways to calm down at night.
- **Create a relaxing sleep environment**
Keep your bedroom dark, quiet, and cool. Reduce bright lights and noise. Sleep experts recommend sleeping in a cool bedroom between 65 to 70 degrees Fahrenheit for optimal sleep.

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