

Rest Easy, Live Fully

How to Improve Sleep

Many people struggle with sleep deprivation due to demanding work schedules and the stresses of daily life. Here are tips for improving sleep:

- **Stick to a Schedule:** Consistency is key. Go to bed and wake up at the same time every day.
- **Get Daily Exercise:** Aim for regular physical activity, but avoid exercising close to bedtime.
- **Spend Time Outdoors:** Try to get at least 30 minutes of natural sunlight each day.
- **Avoid Nicotine and Caffeine:** Avoid stimulants that can interfere with sleep.
- **Limit Naps:** Avoid napping late in the afternoon and keep naps short.
- **Avoid Alcohol and Large Meals Before Bed:** Both can disrupt deep, restorative sleep.
- **Limit Screen Time:** Reduce electronic device use before bed. Consider reading a book or listening to soothing music.
- **Create a Sleep-Friendly Environment:** Keep the temperature cool, eliminate noise and light distractions, and silence your phone.
- **Don't Lie Awake in Bed:** If you can't fall asleep after 20 minutes, get up and do a calming activity until you feel sleepy again.
- **Consult Your Healthcare Provider:** If you continue to struggle with sleep despite trying these tips, seek professional help.

In today's fast-paced world, sleep has emerged as a critical topic of discussion. Sleep is vital for our well-being—it affects our cognitive function, mood, and overall health—yet as we juggle multiple responsibilities, finding time to rest can feel nearly impossible. **Prioritizing quality sleep is essential for achieving optimal performance and living a balanced life.** When we don't get enough good sleep, it can increase the risk of various diseases and disorders, including heart disease, stroke, obesity, and dementia. Many people equate good sleep solely with the number of hours spent in bed, but this is a misconception. Dr. Marishka Brown, a sleep expert at the National Institutes of Health (NIH), highlights that sleep encompasses three key components: the amount of sleep, sleep quality (uninterrupted and refreshing), and a consistent sleep schedule.

For additional information, guidance, and support with improving sleep, reach out to 800-327-4968 (800-EAP-4YOU) or visit [EAP4YOU.com](https://www.eap4you.com)

