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Healthy Minds. Healthy Lives. Healthy Communities.

8 Simple Rules to Help You Sleep

- 1. Make sure you are pleasantly tired before you try to go to sleep
- 2. Gentle exercise in the early evening to help you relax don't over do it
- 3. Establish a bedtime routine habits that will help you fall asleep
- 4. A warm drink, a warm bath and a good book can do wonders
- 5. Watch your diet limit caffeine intake in the evening limit smoking close to bedtime
- 6. Make your bed as comfortable as possible not too cold, not to warm
- 7. Fresh air and a little background noise can help create a conducive sleep environment
- 8. Use good stress management skills in the day to help you wind-down at night

Effects of Sleep deprivation Irritability — - Cognitive impairment Increased heart rate variability - Memory lapses or loss - Impaired moral judgement Risk of heart disease Severe yawning - Hallucinations - Symptoms similar to Decreased reaction ADHD time and accuracy - Tremors - Aches - Impaired immune system Other: - Growth suppression - Risk of diabetes - Risk of obesity Type 2 Decreased temperature