

# THE ALL THINGS HEAR GOOD SLEEP GUIDE

Sleep hygiene is one of the easiest ways to improve overall physical & emotional WELL BEING and it is recommended that adults up to the age of 65 get about 7-9 hours of sleep per night and 7-8 hours of sleep if you are over the age of 65.

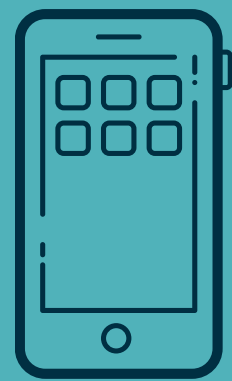


## STICK TO A SLEEP SCHEDULE & A BEDTIME ROUTINE EVEN ON THE WEEKENDS

Sticking to a sleep schedule will help regulate your body's natural biological rhythm and allow you to fall asleep and stay asleep. A sleep routine can help transition the mind and body to sleep. Calming the mind can train the body to unwind and get ready for bed. Meditation and journaling are suggested ideas.

## SWITCH OFF ELECTRONICS

Switch off electronics 30 mins to an hour before bed. If you must use electronics try using the blue light blocking technology (night time mode) available on most smartphones and tablets. Blue light blocking glasses are also available.



## MAKE YOUR BED AND BEDROOM COMFORTABLE

Make sure your mattress, pillows and bed sheets are comfortable. Your bedroom should be comfortable too. Finding the ideal setting for temperature, sound and light will promote sleep. Special sleep lamps and sound machines can help create the right environment.

## AVOID STIMULANTS

Try to avoid alcohol or caffeine close to bedtime. Stimulants help keep you awake.



## TRY USING SLEEP TRACKERS

Try using sleep trackers. Often seeing how much you sleep and the quality of sleep inspires to make changes. There are a number of sleep trackers available from wearables to bedside monitors.

## EXERCISE!!

If you have trouble falling asleep; make sure exercise is part of your day. Research shows getting the heart rate up during the day improves the body's natural ability to fall asleep.



SOURCE: [WWW.ALLTHINGSHEAR.COM](http://WWW.ALLTHINGSHEAR.COM)

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