

Say goodnight to bad nights

Are you getting enough sleep? While everyone's sleep needs are different, it's recommended that adults get between seven to eight hours each night.¹ Obvious sleep stealers such as kids, pets or snoring partners might prevent sleep, but so can these other factors:

- Allergies
- Chronic pain
- Depression
- Side effects from certain medications
- Stress

Instead of tossing and turning, try these sleep hygiene habits:

- **Screen out distractions.** Falling asleep to the TV may seem like peaceful white noise, but the constant volume changes can wake you up.
- **Bid an early goodnight to caffeine.** If you're sensitive to it, avoid it before bed. Its effects can take up to eight hours to wear off.
- **Banish the booze.** Don't use alcohol to help you fall asleep. It can prevent you from falling into a deep sleep and wake you up more often.
- **Nix nicotine.** It's a stimulant, which means it can disrupt your sleep.
- **Tweak the thermostat.** Per some experts, keeping the bedroom around 65 degrees may make it easier to fall — and stay — asleep.
- **Say “no” to noise.** Drown out loud neighbors or traffic by closing the window, using earplugs or running a white noise machine.
- **Quit your job (kind of).** Don't work in bed. The bedroom should be a place of relaxation, not used as an office.



- **Exercise daily.** Vigorous exercise may be best, but any activity is better than nothing. Because exercising raises your body temperature, avoid exercising right before bed. For safety's sake, talk with your doctor before significantly increasing your activity level.
- **Limit light.** Keep the bedroom dark with heavy drapes, blackout curtains or by using a sleep mask.
- **Stick to a schedule.** Try to wake up and go to sleep at the same time every night (even on weekends).
- **Ban the gadgets.** Avoid using computers, tablets or smartphones an hour before going to bed. The light given off by these electronics may interfere with your body's circadian rhythm, preventing sleep

For more tips and resources for getting a good night's rest, call us 24/7.

Care24®
Call Member Services to reach Care24



Sources:

1. Centers for Disease Control and Prevention. How Much Sleep Do I Need? Accessed: 1/9/15. http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm
- National Sleep Foundation. Healthy Sleep Tips. Accessed: 1/9/15. <http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips>
- National Sleep Foundation. Inside your bedroom: Use your senses! Accessed: 1/9/15. <http://sleepfoundation.org/bedroom/>
- National Sleep Foundation. Inside your bedroom: Identifying Invisible Sleep Stealers. Accessed: 1/9/15. <http://sleepfoundation.org/sleep-news/identifying-invisible-sleep-stealers>
- National Heart, Lung, and Blood Institute, National Institutes of Health. Your Guide to Healthy Sleep. Accessed 2/6/15. <http://www.nhlbi.nih.gov/health/resources/sleep/healthy-sleep>

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Your health information is kept confidential in accordance with the law. The service is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.