

# Healthy Sleep Essentials



If you are someone who experiences sleeplessness, the good news is that there are minor changes that you can make to improve your sleep. The following are some tips for establishing healthy sleep habits. Be sure to consult a medical provider if you do not see any improvements.

- Go to bed at the same time and wake up at the same time every day, including weekends and while on vacation.
- Aim for at least seven to eight hours of sleep.
- Avoid going to bed if you are not tired.
- If you find yourself still awake after 20 minutes, get out of bed. Engage in a quiet activity that does not expose you to too much light.
- Establish a bedtime routine that you follow every night.
- Keep your bedroom quiet, comfortable, cool, and relaxing.
- Reduce exposure to bright light in the evenings.
- Avoid using electronics at least 30 minutes before bedtime.
- If you are hungry before bedtime, eat a light snack; avoid a heavy meal.
- Maintain a regular exercise routine and eat a healthy diet.
- Cut off caffeine intake in the afternoon.
- Avoid alcohol before bed.
- Taper off fluid intake in the evenings.

People who experience insomnia can often address underlying issues preventing them from sleeping well through therapy. Thoughts and behaviors often interfere with our ability to sleep. If you would like techniques to improve your sleep, consider contacting your Employee Assistance Program.

*"Healthy Sleep Habits". American Academy of Sleep Medicine. <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/> Accessed March 21, 2022.*



## Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.999.1077

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
EAPNOW