



Why is sleep hygiene important?

Martha has been feeling tired and groggy throughout the day. She can't get a good night's sleep because she tosses and turns. Her mind is often racing with thoughts that make it hard to fall asleep. This has made it hard for Martha to make it to the Elder Program daily like she used to. Martha discussed these concerns with her provider who referred her to a Behavioral Health Consultant. Martha learned sleep hygiene practices, which helped her sleep through the night and wake up feeling rested. Now, Martha doesn't miss a day at the Elder Program. Good sleep habits are important to keep our minds and bodies stay healthy.

What can you look for?

- Taking more than 30 minutes to fall asleep
- Waking up feeling tired or groggy
- Needing large amounts of caffeine to get through the day
- Increased irritability, anxiety, depression, or moodiness

Sleep hygiene is practicing good sleep habits and routines.

Questions to ask yourself:

- Do you have a consistent bedtime and wake-up time?
- Are you getting 6 to 9 hours of sleep a night?
- Do you wake up in the middle of the night and have a hard time falling back asleep?
- Do you feel depressed, anxious, stressed or grieving?
- Have you been drinking alcohol or using cannabis to fall asleep?





What can you do?

- Have a consistent bedtime and wake-up time 7 days a week
- Avoid watching TV, playing games, or doing other activities while in bed other than sleep
- Avoid drinking caffeine in the afternoon
- Be physically active
- Avoid using substances such as alcohol, tobacco, marijuana, or other drugs
- If it takes more than 30 minutes to fall asleep, get up, leave the bed, and try a relaxing activity like crocheting, reading, or listening to music. When tired, return to bed and try again

Where can you find support?

- **Behavioral Health Consultant** can talk with you about sleep challenges and solutions for good sleep.
- **Integrated Pharmacist** can review your current medications to check for possible side-effects that may affect sleep.
- Your **Primary Care Team** can talk with you about sleep challenges see if there could be another cause.
- **Wellness Center** and **Exercise** can assist you with being physically active.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

☐ Learning Circles

☐ Elder Program

☐ Exercise

☐ Primary Care

- Behavioral Health Consultant

- Integrated Pharmacist

☐ Wellness Center

Community Resources

☐ 24 Hour Crisis Line:
(907) 563-3200

