AGING WELL

Sleep Hygiene

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 are some considerations for sleep hygiene?

- 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?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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?

Contact your care team at St. Paul Community Health Center ..... (907) 546-8300

NB

☑ Behavioral Health Consultants

Behavioral health consultants can talk with you about sleep challenges and solutions for good sleep.

☑ Integrated Pharmacists

Integrated pharmacists can review your current medications to check for possible side-effects that may affect sleep.

☑ Your Primary Care Team

Your primary care team can talk with you about sleep challenges see if there could be another cause.

☐ Wellness Center (R) ..... (907) 631-7640

The Wellness Center can provide resources to support your health and wellness.

Key

NB Non-Beneficiary	(R) Referral needed	Travel by car required
☑ Support available to Non-Beneficiary	Travel by plane required	Available over the phone or virtual visit