

November 2024—Sleeping Well

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 If you can't sleep, try a relaxation technique like slow, deep breathing.	2 Avoid hitting the snooze button—you will not be less tired 9 minutes from now!
3 Set your sleep schedule for the week, including going to bed 5 min. earlier than usual.	4 Schedule at least 30 minutes of wind-down time before bed.	5 Dim the lights before bed—bright light can keep you awake and alert.	6 Open the curtains in the morning to let natural light in. This cues your brain to wake up.	7 Waking up with aches and pains? It may be time for a new mattress or pillow!	8 Pick your sheets and blankets carefully. They can play a role in keeping you comfortable.	9 Keep your bedroom nice and dark. Use blackout curtains or an eye mask if needed.
10 Set your sleep schedule for the week. Go to bed 5 min. earlier than the week of the 5th.	11 Keep noise to a minimum. Consider 'quiet hours,' ear plugs or white noise like a fan.	12 Keep it cool—research shows people sleep best in a cooler temperature, around 65°F.	13 Try some aromatherapy before bed with calming scents like lavender.	14 Blue light from devices will cur your brain to stay awake. Avoid screens for 1 hour before bed.	15 Avoid social media at least 1 hour before bed, as it is designed to keep us stimulated.	16 Natural light helps regulate our internal clocks. Get outside as much as possible.
17 Set your sleep schedule for the week. Go to bed 5 min. earlier than the week of the 10th.	18 Add movement into your day. Exercise helps tire us out and promotes healthy sleep.	19 Monitor your caffeine intake. It can hide in unusual places like chocolate or medicine.	20 Skip the nightcap. Alcohol lowers sleep quality, so avoid it at least 3 hours before bed.	21 Don't eat meals too close to bedtime. Especially avoid spicy, fatty and heavy foods.	22 Avoid tobacco use, especially close to bedtime. Nicotine is a stimulant and will keep you awake.	23 Keep TVs out of the bedroom. Watching TV before bed will reduce the quality of your sleep.
24 Set your sleep schedule for the week. Go to bed 5 min. earlier than the week of the 17th.	25 Be careful with naps. Avoid them entirely if you have a hard time falling asleep at night.	26 If you can't sleep, get up and do a relaxing activity in low-light. No screens!	27 Avoid drinking liquids 2 hours before bed to reduce nighttime bathroom trips.	28 Stick to a consistent bedtime and wake-time, even on non-work days.	29 Can't turn off your thoughts or worries? Try journaling to get them out of your head and onto paper.	30 If you've tried multiple sleep strategies with no success, consult with our TriHealth Sleep Centers .

