



Power Your Life with Better Sleep

Why is Sleep Important?

Sleep is powerful. It can promote:

Getting enough sleep is important to me because

Effects of Sleep Deprivation

• Cognitive function:

• Skin:

• Heart Health:

• Immune System:

- Metabolism:

- Mood:

- Cancer Risk:

Things that Interfere with Sleep

Things that interfere with my sleep are

Techniques to Improve Sleep

- Keep in sync with your natural sleep-wake cycle

I normally wake up at _____ o'clock.

I normally get out of bed at _____ o'clock.

I normally feel sleepy (ready to go to bed) at _____ o'clock.

- Get out of bed if you cannot sleep

- Quiet the mind

- Relax the body

Techniques I will try to implement when I cannot sleep

Improve your Sleep Hygiene

Techniques to improve sleep hygiene

Ways I can improve my sleep hygiene

Techniques to Improve Sleep for Shift Workers

If possible, try to:

- Plan for sleep
- Avoid working multiple shifts in a row or rotating shifts
- Avoid long commutes
- Avoid bright light on your drive home
- Avoid drinking caffeine late in your shift
- Avoid being stagnant between shifts

When to Call Your Doctor

- Regularly have trouble falling asleep or staying asleep
- Waking up earlier than you'd like
- Not waking up refreshed
- Excessively sleepy or tired during the day
- Difficulty performing daily activities
- Fall asleep during tasks
- Snoring or gasping loudly during sleep