

# Sleep Solutions

## 6 Tips for a Healthy Night's Sleep



### Stick to a Sleep Schedule

Go to bed and get up at the same time every day. This helps to regulate your body's internal clock and can help you fall asleep and stay asleep for the night. Keep a consistent schedule for sleep and wake times and soon they will become a part of your regular routine.

### Clear Your Mind

Overthinking is a major obstacle to quality sleep. When our minds run wild, it can make us anxious, keeping us up much later than we planned. To combat this, write down your worries in a journal. When you are done, put your worry journal somewhere you cannot see it.

### Exercise Regularly

Physical activity improves sleep quality and increases sleep duration. Timing your exercise can make a difference. A high intensity cardio workout late in the day can disrupt sleep. Save your runs and cycle classes for the morning if you find that an intense workout interferes with your sleep.

### Create a Bedtime Routine

After a long day, you need to relax, reflect, and decompress before trying to fall asleep. Take this time to turn off the "noise" of the day and read something calming, meditate, listen to quiet music, or take a warm bath. Many people who have a relaxing pre-sleep routine fall asleep faster and stay asleep longer.

### Avoid Screens Before Bed

Dim the lights and turn off all your devices about an hour before bedtime. The blue light emitted by your phone, tablet, computer, or TV can negatively affect the way you sleep. Bright light triggers our brains that it's time to be awake and alert, start sending the opposite signal early to help you fall asleep faster.

### Watch Caffeine Intake

Caffeine can enhance focus, energy, and performance, but when consumed late in the day, caffeine stimulates your nervous system and may stop your body from naturally relaxing at night. If you do crave a cup of coffee in the late afternoon or evening, stick with decaf.

## ★ Lawyers Helping Lawyers ★

A Rhode Island Bar Association Member Benefit. For more information, visit our website at [ribar.com](http://ribar.com), and the *Do You Need Confidential Help Quick Link*. Also, learn how to log in to *Coastline EAP*, a private non-profit consulting service contracted by the Association to assist you at no charge.