

Tips For Getting Enough Sleep



- ★ Sleep only when sleepy.
- ★ If you can't fall asleep within 20 minutes, get up and do something.
- ★ Don't take naps.
- ★ Get up and go to bed at the same time every day, even on weekends.
- ★ If working different shifts, try the following suggestions:
 - ☾ Aim for one block of seven to eight hours of uninterrupted sleep.
 - ☾ Unplug the telephone.
 - ☾ Use some kind of "white noise" such as a fan to block other sounds.
 - ☾ Make sure the room is absolutely dark. Light can prevent a person from reaching the deepest stages of sleep.
 - ☾ Try to maintain a schedule of three meals a day on any shift.
- ★ Refrain from exercise at least 4 hours before bedtime.
- ★ Stay away from caffeine, nicotine and alcohol at least 4-6 hours before bedtime.
- ★ Take a hot bath 90 minutes before bedtime.
- ★ Make sure your bed and bedroom are quiet and comfortable.
- ★ Avoid eating too much or too little.



Are You Getting Enough Sleep?

Insomnia, sleep apnea/snoring and narcolepsy are the most common sleep disorders. Below are potential indicators of these conditions, which you should discuss with your healthcare provider.

- ★ You experience waves of drowsiness at meetings or lectures, especially if this occurs at times other than around 2 p.m.
- ★ You rely on the alarm clock to wake you.
- ★ You struggle to get awake and get going.
- ★ You doze off without wanting to.
- ★ You doze off easily while reading or watching television.
- ★ You feel sleepy after a single glass of beer or wine.
- ★ You don't feel alert and energetic.
- ★ You feel disoriented or have a poor memory.

Most sleep disorders can be treated once diagnosed. As your employee assistance program, Crouse HelpPeople has counselors available for you and/or your family to discuss concerns related to sleep.



Call (315) 470-7447 anytime
Outside Syracuse, call (800) 777-6110 anytime

Office Hours: 8:30 a.m. to 4:30 p.m. weekdays
Evening appointments available

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