

SLEEP HYGIENE STRATEGIES

Getting enough sleep is essential for performance and recovery. Help improve your overall sleep hygiene with these tips.

THREE COMPONENTS FOR GOOD SLEEP HYGIENE:

- 1. QUANTITY:** Adults should get 7-9 hours; adolescents should aim for 8-10 hours each night.
- 2. QUALITY:** Improve sleep quality by limiting technology use, caffeine and alcohol consumption before bed.
- 3. TIMING:** Aim for consistency with sleep and wake times; sleep with your natural rhythm (early bird vs. night owl).

NAP TIP¹

“THE NAPPUCCINO”

Consider drinking a bit of caffeine immediately before a short nap.

The caffeine will become active while napping and may result in feeling more alert after waking.

NOTE: Ensure caffeine consumption takes place at a time that does not hinder your ability to fall asleep at night.

SLEEP ROUTINE

HEALTHY SLEEPING TIPS

- Aim to get the same amount of sleep every night, including weekends
- Try scheduling workouts or weight training sessions for late AM or throughout the day to promote natural melatonin
- Establish a good pre-sleep routine (breathing techniques, meditation, reading, etc.)

NAPPING

RESTING TIPS

- Try 20- to 30-minute naps to help get the rest you need
- Limit naps to no more than 30 minutes to avoid going into deeper stages of sleep, which could cause drowsiness
- Plan your naps to take place between 1-4 PM

SUPPLEMENTS + DIET

NUTRITION TIPS

- Small doses of melatonin (0.5mg) can be helpful for jet lag and evening-types, but commonly contain levels that differ from what is listed on the label—look for a high-quality supplement or opt for a whole-foods approach instead
- Magnesium² and tart cherry³ juice supplementation may also help aid sleep

Note: Consult your physician before beginning to take a sleep supplement.

SOURCES:

¹ Bonnet, M.H. and D.L. Arand (1994). Impact of naps and caffeine on extended nocturnal performance. *Physiol & Behav.* 56:103-109.

² Abbasi, B., M. Kimiagar, K. Sadeghnia, M.M. Shirazi, M. Hedayati, and B. Rashidkhan (2012). The effect of magnesium supplementation on primary insomnia in elderly: a double-blind placebo-controlled clinical trial. *J Res Med Sci.* 17:1161-1169.

³ Lusso, J.N., J.W. Finley, N. Karki, A.G. Liu, W. Pan, A. Prudente, R. Tipton, Y. Yu, and F.L. Greenway (2018). Pilot study of tart cherry juice for the treatment of insomnia and investigation of mechanisms. *Am J Ther.* 25:e194-e201.