



## Reasons Why Good Sleep is Important

- Poor sleep is strongly linked to weight gain.
- Sleep is important for the brain function.
- Sleep has been shown to enhance athletic performance.
- Sleep quality and duration can have a major effect on many health risk factors.
- Poor sleep is linked to various mental health issues .
- Sleep improves your immune function

## More information

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# Fundacion Salud Mental Aruba RESPALDO



## Sleeping Disorders

Tips for better sleep



# 17 Tips for better sleep

## 1. Try to sleep and wake at consistent times.

Try to get into a regular sleep and wake cycle, also on the weekends. If possible try to wake up naturally at a similar time everyday.

## 2. Reduce Irregular or Long Daytime Naps.

Long daytime naps after 3 p.m. may impair sleep quality at night. If you have trouble sleeping at night, stop napping or shorten your naps. The effects of napping depend on the individual.

## 3. Don't consume caffeine late in the day.

Caffeine can significantly worsen sleep quality, especially if you drink coffee or tea in the late afternoon or evening.

## 4. Don't drink alcohol.

Avoid alcohol before bed, as it will lead to disrupted sleep patterns.

## 5. Increase Bright Light exposure early during the day.

Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia.

## 6. Reduce Blue Light Exposure in the evening.

Blue light tricks your body into thinking its daytime. There are several ways you can reduce blue light exposure in the evening.

- Wear glasses that block blue light.
- Download an app such as f.lux to block blue light on your laptop or computer.
- Install an app that blocks blue light on your smartphone. These are available for both iPhones and Android models.
- Stop watching TV and turn off any bright lights two hours before heading to bed.

## 7. Optimize your bedroom Environment.

Optimize your bedroom environment by eliminating external light and noise to get better sleep.

## 8. Set your bedroom temperature.

Test different temperatures to find out which is most comfortable for you. Around 70°F (20°C) is best for most people.

## 9. Don't eat late in the evening.

Consuming a large meal before bed can lead to poor sleep and hormone disruption. However certain meals and snacks a few hours before bed may help.

## 10. Relax and clear your mind in the evening.

Relaxation techniques before bed, including hot baths and meditation, may help you fall a sleep.

## 11. Take a relaxing bath or shower.

A warm bath, shower or foot bath before bed can help you relax and improve your sleep quality.

## 12. Get a comfortable bed, Mattress and Pillow

Your bed, mattress and pillow can greatly impact sleep quality and joint or back pain. Try to buy a high-quality mattress and bedding every 5 to 8 years.

## 13. Don't drink any liquids before bed.

Reduce fluid intake in the late evening and try to use the bathroom right before bed.

## 14. Exercise regularly – but not 2 hours before bed.

Regular exercise during daylight hours is one of the best ways to ensure good night sleep.

## 15. Consider to take a melatonin supplement.

Melatonin is a key sleep hormone that tells your brain when it's time to relax and head to bed. A melatonin supplement is an easy way to improve sleep quality and fall a sleep faster. Take 1-5 mg around 30-60 minutes before heading to bed. *(Do not take more than 5 mg. Evaluate Melatonin use with your doctor).*

## 16. Consider these other supplements.

Several supplements can induce relaxation and help you sleep, including:

- Ginkgo biloba: take 250 mg before bed.
- Glycine: take 3 grams before bed.
- Valerian root: take 500 gram before bed.
- Magnesium: improves relaxation.
- L-theanine: take 100-200 mg before bed.
- Lavender: take 80-160 mg containing 25-46% linalool before bed.

Make sure to only try these supplements one at a time.

## 17. Rule out a sleep disorder.

*There are many common conditions that that can cause poor sleep, including sleep apnea. See a doctor if poor sleep is a consistent problem in your life.*

