

Let's Talk about:

Healthy Sleep Habits



Hi CCS Community!

Happy Summer! The days are finally warmer and I could not be more excited. I hope everyone is staying well hydrated and spending some time outside. This month, I wanted to talk about sleep habits.

Sleep is incredibly important, but sometimes it can be hard to get a full night of restful sleep.

Why is it important to have good sleep habits?

There is nothing better than a good night of sleep! But beyond feeling good, sleep can have numerous health benefits. Sleep is important for memory formation, emotional processing, promoting our immune system, and reducing stress. Without enough hours of high quality sleep, we are at risk for heart and metabolic conditions.

My Sleep Tips

Regular Bedtime & Wake up Time

What do we mean by "good sleep hygiene"? Good sleep hygiene means going to bed at the same time each night, and waking up at the same time. This helps regulate the circadian rhythm (our bodies internal alarm clock!). Even though it is hard, it is a good idea to keep the same bedtime and wake up time even on the weekend.

Daily Exercise

Staying active during the day will help you feel tired and ready to go to sleep at night. Exercise can look different for everyone, for some it may be going on a run or lifting weights. For others, it may be going on a walk, practicing stretches or lifting hand weights in a wheelchair.

Creating the ideal sleep environment

Research shows that the ideal sleep environment is a room that is dark, cool and free of loud noises. This may not always be possible given our different housing arrangements, but I have found that using a sleep mask to block out the light has been helpful. You can also play "white noise" videos on YouTube to drown out any noises.

Remember, the goal of sleep is to rejuvenate you and get you ready for a happy and fulfilling next day. Some things to talk to your doctor about regarding sleep could be if you wake up periodically during the night out of breath, do not get restful sleep most nights, experience morning headaches or take naps frequently during the day. If you experience some or all of these things, it is a good idea to talk to your doctor about your sleep.

Let me know if you try any of these tips and happy sleeping!

