# MAY IS MENTAL HEALTH MONTH

*Join North Central Health Care for a month of tips, tricks and activities prioritizing YOUR Mental Health & Well-Being.*

# Prioritizing Better Sleep

We all know that getting enough sleep is important, but did you know it's also crucial for good mental and physical health? When we don't get enough rest, it can lead to all sorts of icky symptoms, from feeling down and anxious to getting sick more often. But don't worry – **there are easy things we can do to prioritize sleep and feel our best!**

Creating a relaxing bedtime routine, limiting screen time before bed, and sticking to a consistent sleep schedule are all great ways to promote better sleep hygiene. By making sleep a priority, we can improve our overall wellbeing and feel more energized and focused during the day.
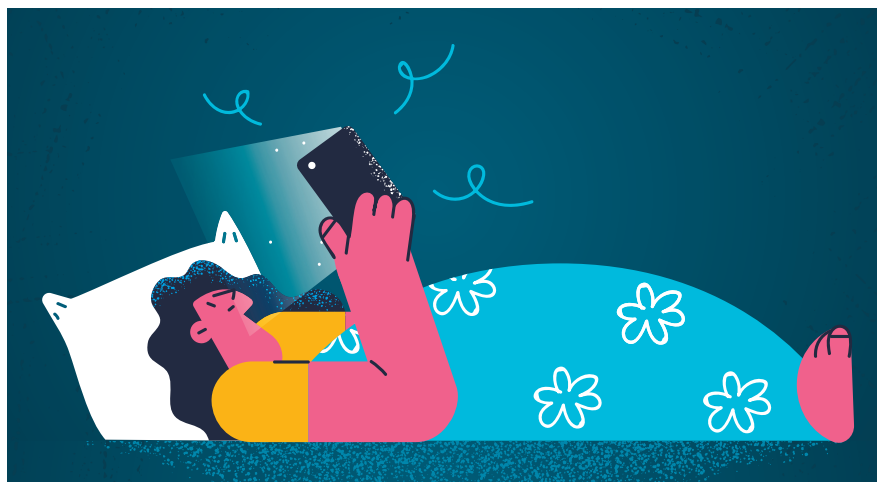


## 9 Practical Tips for Much-Needed Z's
### SLEEP LIKE A BABY (WITHOUT WAKING UP EVERY TWO HOURS)

**KEEP YOUR BEDROOM COOL, DARK, AND QUIET:** Make sure your bedroom is conducive to sleep by creating a comfortable environment that's free from noise and distractions.

**GET REGULAR EXERCISE:** Regular physical activity can improve sleep quality, but be careful not to exercise too close to bedtime, as this can actually make it harder to fall asleep.

**MANAGE STRESS:** Stress and anxiety can make it difficult to fall asleep. Try relaxation techniques like deep breathing, meditation, or yoga to help prepare for sleep.

**AVOID LARGE MEALS BEFORE BEDTIME:** Eating a heavy meal before bed can interfere with sleep. Try to eat at least a few hours before bedtime.

**AVOID NAPPING DURING THE DAY:** While a short nap can be refreshing, too much daytime sleep can interfere with your nighttime sleep. If you need to nap, keep it short (20-30 minutes) and try to nap earlier in the day.

**STICK TO A CONSISTENT SLEEP SCHEDULE:** Try to go to bed and wake up at the same time every day, even on weekends.

**CREATE A BEDTIME ROUTINE:** Establish a relaxing routine before bed to signal to your body that it's time to sleep. This can include activities like reading, taking a bath, or meditating.

**AVOID CAFFEINE, ALCOHOL, AND NICOTINE:** These substances can disrupt sleep and should be avoided, especially in the hours leading up to bedtime.

**LIMIT SCREEN TIME BEFORE BED:** The blue light emitted by electronic devices can interfere with sleep. Try to avoid using screens for at least an hour before bed.

**Additional Resources Online:** norcen.org/MentalHealthMonth

# Better Sleep Challenge

Over the next week, let's focus on improving our sleep habits to **promote better mental and physical health.** Try these simple daily challenges to prioritize sleep and reap the benefits of a good night's rest.

### MONDAY CHALLENGE

Tidy your room. Make it a stress free space to rest and sleep at night.

**HOW DID YOU SLEEP?**

**HOURS SLEPT**

**TOTAL WAKE UPS**

### TUESDAY CHALLENGE

Avoid caffeine after 2pm. Instead relax and drink some chamomile tea before bed.

**HOW DID YOU SLEEP?**

**HOURS SLEPT**

**TOTAL WAKE UPS**

### WEDNESDAY CHALLENGE

Avoid eating after 7pm and take 15 minutes to stretch before going to bed.

**HOW DID YOU SLEEP?**

**HOURS SLEPT**

**TOTAL WAKE UPS**

### THURSDAY CHALLENGE

Take a hot shower or bath while practicing deep breathing before going to bed.

**HOW DID YOU SLEEP?**

**HOURS SLEPT**

**TOTAL WAKE UPS**

### FRIDAY CHALLENGE

Avoid your phone for an hour before going to bed.

**HOW DID YOU SLEEP?**

**HOURS SLEPT**

**TOTAL WAKE UPS**

# APPLICATIONS FOR IMPROVING SLEEP

**HeadSpace**
Everyday meditation, sleepcasts and mindfulness content for stress, sleep, focus, movement, and more.

**Calm**
Discover a happier, healthier you through meditations, Sleep Stories, music, soothing sounds and more.

**BetterSleep**
Stress less and sleep better with this sleep tracker, night time recorder, and music and guided content library.

**SleepCycle**
Sleep tracker and intelligent alarm clock and tracker that analyzes patterns and wakes you up in your lightest sleep phase.