



# STRATEGIES FOR

# SLEEP HYGIENE

GETTING ENOUGH SLEEP IS ESSENTIAL FOR PERFORMANCE AND RECOVERY. HELP IMPROVE YOUR OVERALL SLEEP HYGIENE WITH THESE TIPS.

## THREE COMPONENTS FOR GOOD SLEEP HYGIENE:

### QUANTITY:

Adults should get 7-9 hours; adolescents should aim for 8-10 hours each night.

### QUALITY:

Improve sleep quality by limiting technology use, caffeine and alcohol consumption before bed.

### TIMING:

Aim for consistency with sleep and wake times; sleep with your natural rhythm (early bird vs. night owl).

## 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
- ▶ Magnesium<sup>2</sup> and Tart cherry<sup>3</sup> juice supplementation may also help aid sleep

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

## NAP TIP 1:

## “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.

### SOURCES:

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

<sup>2</sup> Abbasi, B., M. Kimiagar, K. Sadeghnia, M.M. Shirazi, M. Hedayati, and B. Rashidkhani (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.

<sup>3</sup> Losso, 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.