



BETTER SLEEP FOR CAREGIVERS

Being rested is key to ensuring the personal wellness, long term health, and resilience of caregivers. Good sleep habits, often referred to as “sleep hygiene”, can help you get a good night’s rest. Did you know that the average adult over 18 years requires 7-9 hours of sleep each night? Although the amount of sleep you get each day is important, the quality of your sleep can contribute to your overall health and well-being.

Signs of poor sleep quality include not feeling rested even after sleeping long enough, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (*such as snoring or gasping for air*). The quality of your sleep can be improved by better sleep habits. If you have sleep problems that persist, please contact your healthcare provider to discuss your symptoms and explore diagnosis or treatment.

SOME HABITS THAT CAN IMPROVE YOUR SLEEP HEALTH:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning. This includes the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.
- Increase your exposure to light. Research shows the lack of Vitamin D is linked to a higher risk of sleep disorders.
- Try not to toss and turn. A healthy mental connection between being in bed and being asleep is crucial. For that reason, if after 20 minutes you have not gotten to sleep, get up and stretch, read, or do something else calming in low light before trying to fall asleep again.
- Limit daytime naps or try taking short naps instead.
- Consider creating a nighttime routine or ritual that quiets your mind and your body.
- Prioritize sleep. Caregiving duties can make this challenging; ask trusted individuals for help or consider hiring professional caretakers if you are able to allow yourself time to sleep.
- Manage worries and stress through coping strategies such as relaxation techniques, deep breathing, journaling, and more.
 - Learn more about such strategies at www.caregiverrenewal.org/caregiver-wellness

WHAT IS THE **10/3/2** SLEEP RULE?

Cut out caffeine
10 HOURS
before bed.

Don't eat or
drink alcohol
3 HOURS
before bed.

Stop working
2 HOURS
before bed.

Get away from
your screens
2 HOURS
before bed.

REFERENCES:

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