



HEALTH SOLUTIONS

HELP EMPLOYEES REST EASY WITH THESE SLEEP TIPS



Sleep is essential to good health, yet many of us struggle to get enough.

In fact, over a third of US adults get less than 7 hours of sleep a night¹, which is the minimum recommended amount.² Getting enough sleep helps keep us operating at peak levels, and in this unprecedented time of stress and uncertainty, we can all use as much restful sleep as we can get. Share these tips with your employees to help them stay rested and well at home.

REST EASY WITH THESE SLEEP TIPS

According to the National Sleep Foundation, these are the main factors that determine sleep quality³:



**SLEEPING AT LEAST 85%
OF THE TOTAL TIME IN BED**



**FALLING ASLEEP IN
30 MINUTES OR LESS**



**BEING AWAKE FOR 20
MINUTES OR LESS AFTER
INITIALLY FALLING ASLEEP**



Helpful Tips for Great Sleep

More than 1/3 of adults in the US don't get enough quality sleep¹. If you're one of them, here are some tips to help you get more zzz's:

— 01 EVERYTHING IN MODERATION

Stimulants like caffeine and nicotine close to bedtime can delay falling asleep, and too much alcohol can interrupt deep sleep patterns as your body processes it at night

— 02 RISE AND SHINE

Getting enough sunlight during daytime hours and setting a regular bedtime keeps the body's natural sleep cycle on the right track, and giving yourself reminders about bedtime and waking up can keep that consistent

— 03 COUNTING SHEEP

Simple methods like countdowns in bed and having cool dry bedding make a big difference, according to an endurance athlete (who definitely needs his sleep!)⁴

— 04 KEEP IT MELLOW

Establishing a relaxing routine before bedtime, like a warm bath or reading a book, keeps a consistent pattern that reminds your body and mind to start winding down

— 05 **SETTING THE MOOD**

A proper sleep environment can work wonders. Modifying the temperature and light, optimizing the comfort level of pillows and mattress, and avoiding screens keeps the bedroom a true place to rest

— 06 **POSITIVE VIBES**

Keeping your thoughts and conversations positive and relaxing near bedtime, and methods like conscious breathing and meditation may help you ease into sleep⁵

— 07 **ON THE LIGHTER SIDE**

Avoiding foods that may cause indigestion (i.e. fried or spicy food, citrus, or fizzy drinks) can be the difference between the burn of acid reflux and falling asleep

— 08 **JUST RESTING MY EYES**

Napping can revive and refresh you, but excessive naps can disrupt the sleep cycle. Try keeping them to 30 minutes or less⁶

— 09 **COOL AND CLEAN**

Fresh air might help you stay asleep. Some studies suggest open windows or doors help to ensure proper ventilation, keeping oxygen levels high for optimum brain activity and body replenishments⁷

— 10 **IT CAN WAIT TIL MORNING**

Checking your emails before you turn in for the night may be habitual, but it's best to avoid them. Worrying about potential work or family issues can get your mind racing, not to mention the screen light that can disrupt your sleepiness⁸

As with physical activity, keeping track of your sleep patterns and habits can truly help establish healthy sleep routines. There's no need to hurry; many experts recommend gradually incorporating these tips into your routine and seeing what works. We could all use more sleep, so give your body and mind the rest it deserves.

¹ Centers for Disease Control and Prevention, May 2017.

² American Academy of Sleep Medicine and Sleep Research Society, 2015.

³ Sleep Health Journal, January 2016

⁴ <https://blog.fitbit.com/tips-to-sleep-better>

⁵ <https://blog.fitbit.com/8-keys-to-a-good-nights-sleep>

⁶ National Sleep Foundation, 2020

⁷ <https://blog.fitbit.com/sleep-with-fresh-air>

⁸ <https://blog.fitbit.com/sleep-doctors>