

A photograph of an elderly woman with short, curly, light-colored hair, sleeping peacefully in a bed. She is wearing a white short-sleeved shirt and is covered by a grey blanket with a subtle pattern of small white 'x' marks. Her eyes are closed, and her expression is calm. The background shows a white pillow and more of the grey blanket.

# Sleep Hygiene: Creating A Plan That Works For You

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# AGENDA

- Test your **Sleep Knowledge**
- What is Sleep Hygiene?
- How to **Practice Good Sleep Hygiene**
- Setting Goals *Together*
- Closing Reminder

## Feeling Sleepy? Let's Start With A Quiz!

- True or False: Adults only need five hours or less of sleep each night.
- True or False: Watching Television before bed is a good way to relax.
- True or False: Alcohol can improve my quality of sleep.
- True or False: Drinking extra caffeine during the day can help me with my sleep issues.
- True or False: Naps are never a good idea.





## What Is Sleep Hygiene & Why Is It Important?

- "Sleep hygiene" refers to **healthy habits, behaviors and environmental factors** that can be adjusted to help you have a good night's sleep.
- Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life.
- Sleep hygiene encompasses both environment and habits.

# How To Practice Good Sleep Hygiene



Set your sleep  
schedule



Follow a nightly  
routine



Develop healthy  
habits



Build a sleep  
oasis

## Set Your Sleep Schedule

- Have a fixed wake-up time
- Make gradual adjustments
- Keep naps short and limited
- Don't go to bed if you aren't tired



## Follow A Nightly Routine



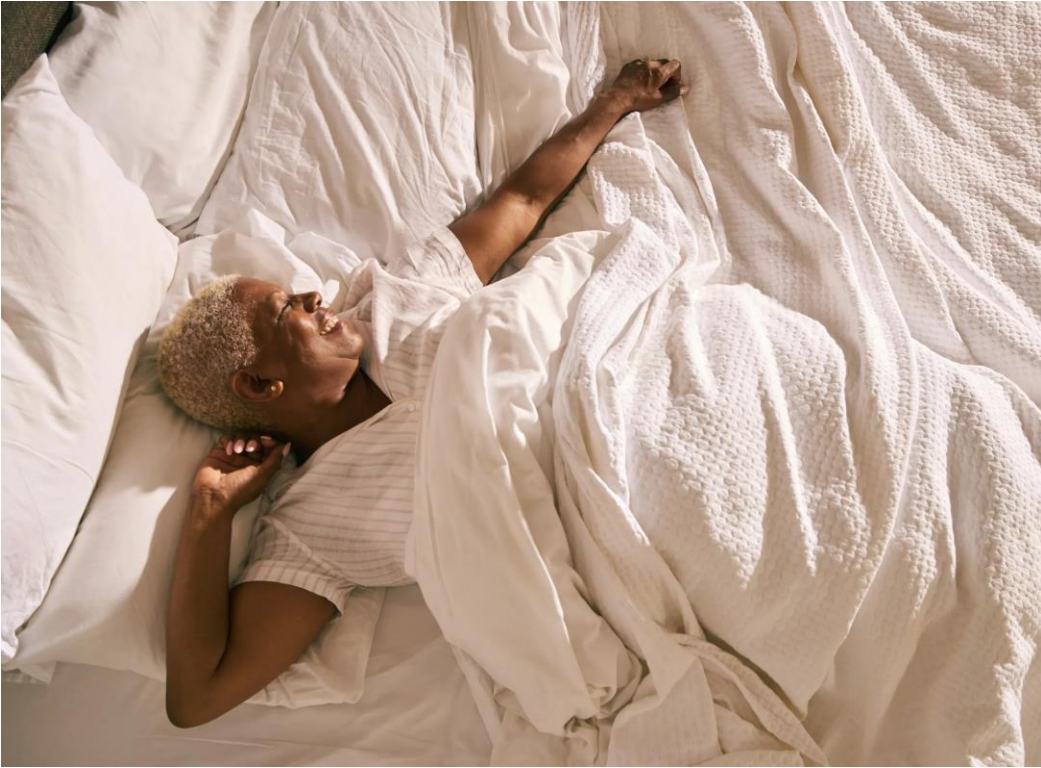
- Budget 30 minutes for winding down
- Unplug from electronics
- Keep your routine consistent
- Get some sunshine

## Develop Healthy Habits

- Maintain healthy physical activity
- Cut back or quit smoking
- Reduce alcohol consumption
- Cut down on caffeine in the evenings
- Avoid large meals before bed



## Build A Sleep Oasis



- Have a comfortable mattress and pillow
- Stay cool
- Block out noise and light
- Use your bedroom only for sleeping and intimacy
- Try a calming scent

## Tossing & Turning?

- Stay away from watching the clock
- Avoid exposure to blue light
- Try progressive muscle relaxation or a new breathing technique
- Use soothing sounds, music, or ASMR content
- Refocus your mind onto something else



## 4-7-8 Relaxation: Reset Your Body For Rest

- **Inhale** through your nose for 4 seconds
- **Hold** your breath for 7 seconds
- **Exhale** slowly through your mouth for 8 seconds
- Repeat for 3-4 rounds
- Pro tip: Try releasing **one muscle group** each time you exhale

## When To Seek Professional Advice

If you have tried some of these methods and still have trouble with getting to sleep or staying asleep, **you may want to consider professional assistance** such as counseling or working with your primary care physician.



## Committing To Your Sleep Hygiene

*In one sentence, what is one thing you'll do differently for your sleep starting tonight?*

***Type in the chat!***





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