

Sure-Fire Strategies to Sleep for Success! By Dr. James B. Maas

SLEEP TIP	SHORT VERSION	LONG VERSION
1. REDUCE STRESS AS MUCH AS POSSIBLE	Reduce stress in your life. Write down your worries before bed to put them out of your mind until the next day.	To help reduce stress before you go to bed at night, try a few of these tips: listen to calming music, clean up your bedroom, read a book, take a warm bubble bath, get a massage, write in a journal to help clear your mind, and meditate. Think about your favorite moments, picture your troubles floating away from you down a river. Do not count sheep.
2. EXERCISE TO STAY FIT	Any aerobic activity, even fast walking, will not only improve your overall health but also the quality and quantity of your sleep.	Exercise daily, but not within three hours of bedtime. The best time to exercise is between 5 and 7pm or at noon, not early in the morning or late at night.
3. KEEP MENTALLY STIMULATED DURING THE DAY	Good sleepers spend more time working, socializing, and pursuing hobbies. They are motivated and excited by life's opportunities. So stay mentally active by getting involved in things that interest you and make you think.	Although it sounds contradictory, boredom can actually cause sleep loss. So stay mentally active by getting involved in things that interest you and make you think. Do crossword puzzles or Sudoku, take a course online or at a local college, join clubs, volunteer at a hospital, school, church or synagogue, or get a part-time job. In short, live a varied life. This will help you feel good

		about yourself and make it easier to sleep at night.
4. EAT A PROPER DIET	Eat a proper diet. Limit fats and avoid fried foods.	There's a significant link between sleep deprivation and the risk of obesity. People getting less than four hours of sleep per night are 73 percent more likely to be obese than those getting seven to nine hours.
5. LEARN TO VALUE SLEEP	Sleep is a necessity, not a luxury. Be sure you meet your sleep requirement every night, which for most adults is between 7.5 and 8.5 hours every night.	You are sleep-deprived if you're not meeting your personal sleep need, which for most adults is between 7.5 and 8.5 hours per night. You should feel energetic, wide awake, and alert all day, without a significant midday drop in alertness.
6. STOP SMOKING	Nicotine is an even stronger stimulant than caffeine. It makes it hard to fall asleep and maintain sleep.	The reason nicotine causes you to lie awake at night is that your body is actually experiencing withdrawal symptoms—craving another hit. Smoking also worsens snoring and may cause life-threatening sleep apnea. Aside from its carcinogenic properties, nicotine increases blood pressure and heart rate and stimulates brain activity. Several studies clearly demonstrate that sleep improves immediately when subjects stop smoking. Two-pack-a-day smokers who quit cut the time they lie awake at night in half.
7. REDUCE CAFFEINE	Do not drink caffeinated beverages after 2pm.	Caffeine stimulates your metabolism, which

<p>INTAKE</p>	<p>That means avoiding coffee, cola drinks and chocolate. Even so-called “decaf” drinks often contain some caffeine.</p>	<p>keeps you awake and alert. Everyone’s sensitivity to caffeine is different, but it generally increases with age. Caffeine not only makes it more difficult to fall asleep, but it also increases the frequency and duration of nighttime awakenings. After a poor night’s sleep, you have no choice but to rely on more caffeine to get you through the next day. Then, when it’s time to go to bed, your heart is racing, you can’t sleep, you wake up exhausted in the morning, and you reach for more caffeine.</p>
<p>8. AVOID ALCOHOL NEAR BEDTIME</p>	<p>Avoid alcohol with 3 hours of bedtime. Alcohol is not a sedative—it’s a central nervous system suppressant and in quantities becomes a stimulant.</p>	<p>A drink after work or with dinner is fine because your body will have plenty of time to absorb the alcohol. But if you drink within three hours of bedtime, it will destroy the quality of your rest. Alcohol causes you to wake up in REM sleep every ninety minutes, so throughout the night you’ll be continually shaken and stirred.</p>
<p>9. TAKE A WARM BATH BEFORE BED</p>	<p>A warm bath before bed will send blood away from the brain to the skin surfaces and make you feel relaxed and drowsy.</p>	<p>Just before bed, a warm, soaking bath or hot shower or a relaxing Jacuzzi will redirect blood from your brain to your skin. This will raise your temperature and make you feel relaxed. Then, when you enter the bedroom (which should be kept between 65°F to 67°F), your body temperature will plummet. This</p>

		helps initiate deep sleep.
10.CREATE A SANCTUARY FOR SLEEP	<p>Your bedroom should be a personal sanctuary associated only with rest and relaxation; it shouldn't be a home theater, an auxiliary office, or, even worse, a cafeteria.</p> <p>The quality of your bedroom environment will go a long way in determining the length and quality of your sleep.</p>	<p>Maintain a relaxing atmosphere in the bedroom:</p> <ul style="list-style-type: none"> • Keep your bedroom at 65 to 67 degrees. • Use a humidifier to ensure "fresh air." • Hide illuminated clocks to avoid clock watching.
11.ESTABLISH A REGULAR BEDTIME	Go to bed at the same time every night and wake up naturally at the same time every morning, including weekends.	Regularity is vital for setting and stabilizing your body's biological clock. It only takes a few weeks to fully synch the hours you spend in bed with the sleepy phase of your clock. When this happens, you won't need an alarm clock to wake you up, and the hours you spend awake will correspond to when you feel most alert and refreshed.
12.STOP TRYING SO HARD!	It takes a well-rested person fifteen to twenty minutes to fall asleep. If you fall asleep instantly, that's a sure sign you're sleep-deprived.	If you toss and turn, get out of bed! The more time you spend thrashing about, the less quality sleep you'll get. Whenever restlessness persists for more than fifteen minutes, go to another room. Walk around, tidy up, star gaze out a window ... basically do anything that is relaxing, moderately boring, or doesn't require concentration. Usually it will take fifteen to twenty minutes

		<p>for your body to feel sleepy again, at which point you can return to the bedroom. It's normal to awaken one or two times per night for various reasons. If you're unable to fall back to sleep within fifteen to twenty minutes, then follow the advice above. You'll generally find that you'll get back to sleep sooner than if you had stayed in bed.</p>
<p>13.SLEEP ONLY WHEN SLEEPY</p>	<p>Limit your time in bed to when you are sleepy. Spending too much time there promotes shallow and disturbed overall sleep.</p>	<p>Stress, depression, boredom, and even pressure from a partner (e.g., who works a different shift) can all get you into bed earlier and/or out later than you should. Listen to your body and only go to bed when you're tired. Older people, fearing a night of several awakenings and light sleep, often go to bed too early. This only compounds the problem of fragmented sleep. Only stay in bed for as long as you need to feel refreshed.</p>
<p>14.CLEAR YOUR MIND AT BEDTIME</p>	<p>If your mind is too active, you'll have trouble falling asleep or you might wake up during the night or too early in the morning.</p>	<p>Set aside your worries and calm your mind before going to sleep by writing each stressful or problem thought on a three-by-five index card on the nightstand. Jot down a potential solution, or a time during waking hours when you'll address the problem. That will transfer the problem from the brain to the paper.</p>

<p>15.SLEEP IN ONE CONTINUOUS BLOCK</p>	<p>Get one long block of nocturnal sleep, not a few hours at a time spread through the 24 hour day, and make up for lost sleep as soon as possible.</p>	<p>Sometimes it’s impossible; any new parent or an older guy with prostate woes will tell you so. But so-called ‘fragmented sleep’ – even for hours – is not physically or mentally restorative and causes daytime drowsiness. It also dramatically compromises learning, memory, productivity and creativity. In fact, six hours of continuous sleep is more restorative than eight hours of fragmented sleep. Senior citizens anticipating a night of fragmented sleep often go to bed early hoping to manage eight hours of total sleep within a 10-hour period. But as we’ve seen, that’s a waste of time. So, don’t let yourself doze on and off for hours. Limiting your time in bed to your Personal Sleep Quota, and rule is that after 16 hours of being awake, you’ll need 8 hours of sleep. When you violate this rule, sleep debt accumulates quickly. Before long, you’ll crash [hopefully not on the road], get sick or perform poorly.</p>
<p>16.EJECT THE ELECTRONICS</p>	<p>This means no computers, TVs, iPads, iPods, iPhones, Blackberrys or video games in the bedroom, especially within an hour of bedtime.. They create distractions by reminding you of everything else you should be doing and act as secret stressors.</p>	<p>Watching TV or being on the computer within 60 minutes of bedtime will seriously affect your ability to fall asleep. All monitors and computer screens display blue wavelength daylight spectrum lighting, which is a stimulant and the antithesis of what you need to relax before bed. The blue light blocks the flow of melatonin, delaying sleep onset. If you must use these electronic gadgets, wear blue daylight blocking glasses.</p>
<p>17.LET PETS SLEEP IN</p>	<p>While your pets might enjoy sharing your bed or your bedroom, their movements and noises</p>	<p>Sixty-seven percent of people regularly sleep with their cats and dogs. Fifty-one percent</p>

THEIR OWN BEDS	during the night or early morning can disrupt your slumber.	say their sleep is disturbed by their partner, while just 38 percent claim their pets wake them up.
18. ESTABLISH A PRE-SLEEP RITUAL	A pre-sleep routine is key to a good night's sleep.	In order to sleep soundly through the night, your body needs to prepare itself for the long period of inactivity ahead. It needs a buffer between the day's stress and the night's rest. You need to find peace and calm in the hour before bed. Slipping between the sheets and closing your eyes should be the very last part of that ritual.
19. SLEEP COMFORTABLY	Select quality bedding products that will provide proper support and temperature control for comfort and a great night's sleep.	Carefully check out all the features and benefits and select products that fit your sleep style: <ul style="list-style-type: none"> • Select pillows that are specially constructed for your sleep position to keep your neck and spine properly aligned while you sleep. • Add a top-quality mattress pad. It can transform your flat mattress into a comfortable, supportive sleep surface and add years to the life of your bedding overall. • Invest in a better quality comforter or blanket that will provide your ideal level of warmth and hypoallergenic comfort.
1. CONSULT A SLEEP SPECIALIST	If you have insomnia for more than 3 weeks at a time, consult a sleep specialist.	

