



What's your balance?

- Sleep & Fatigue -

How To Get A Better Sleep

Getting enough rest can be a challenge. There are many things that can be done to improve our ability to sleep – what works for one person may not work for another. In general suggestions include¹:

- **Routines:** Establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.
- **Quiet:** Reduce the amount of noise. You may try using white noise or earplugs if the room is not quiet enough.
- **Cool:** Ensure your room is the right temperature. The body typically sleeps best when the environment is between 18^oC and 22^oC.
- **Dark:** Block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.
- **Exercise:** Exercise regularly and preferably not within three hours before going to bed.
- **Nutrition:** Eat at regular intervals and consume a balanced diet.
- **Minimize distractions:** Use your bed primarily for sleeping (e.g. do not watch television, play on electronics or work in your bed).
- **Caffeine:** Minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption.
- **Stress free:** Try to reduce stress before sleeping.



¹ Fatigue, Canadian Centre for Occupational Health & Safety.
<http://www.ccohs.ca/oshanswers/psychosocial/fatigue.html>. Found January 2015.



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