

Tools For Life - Weekly Safety Meeting



Home Safe Home Healthy

Date: August 2020

What Does a Bedtime Routine Have to Do with Health and Safety?

If you are of the “I’ll sleep when I’m dead” mindset, listen up. Sleep is vital not just for your health, but also for your safety.

While we sleep our brain is getting a deep cleaning; it’s busy consolidating memories, removing toxins that cause Alzheimers, and boosting our immune system. A lack of sleep can cause or contribute to: memory loss, lack of concentration, decreased learning ability, reduced hand-eye coordination, and emotional instability (mental illnesses). Is it any wonder sleep deprivation is a leading cause of **all types** of accidents?

Bedtime routines aren’t just for kids. To get your best night’s sleep, improve your health and reduce your risk for accidents, consider establishing a bedtime routine that might include some of these tips:

- Reduce caffeine intake by 2 pm
- Establish how many hours of sleep you need, what time you want to get up, and work backwards to determine what time you should go to bed.
- Gradually turn off lights as the evening progresses and your preferred bedtime approaches.
- Turn off blue screens (phones, computers, tv) at least 1 hour before bed.
- Use relaxation techniques like a warm shower, a cup of herbal tea, or reading right before bed as a habit that triggers your body to prepare for bed.
- Take 18 or more deep breaths before lying down.
- Be in the habit of waking up and going to bed at similar times, even on weekends.

Discussion Points:

1. What are some tips you can share with others to get a good night sleep?
2. Do you notice a difference in how you feel when you get a good night’s sleep versus a rough night’s sleep?

HEALTH REMINDER: Research shows that poor sleep has negative effects on your hormones, physical performance and brain function. If you consistently experience fatigue and don’t wake up rested in the morning consider a check up with your medical care provider.