

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: August 2020

More tips to better sleep.

We already learned that when we sleep our brain is getting a deep cleaning. This cleaning occurs when cerebrospinal fluid flows through the brain and clears out toxins through a series of channels that expand during sleep. Some of these toxins are proteins that may contribute to the development of Alzheimers. We also know that a lack of sleep can cause or contribute to diabetes, weight gain, high blood pressure, infertility, and heart disease. Some studies suggest it is impossible to lose weight if you don't sleep well.

So besides having a bedtime routine, what else can we do?

- **Avoid alcohol before bed, as it can reduce nighttime melatonin production, makes you sleep lighter, have more intense dreams, and lead to disrupted sleep patterns.**
- **Spend some time outdoors in the mid-morning hours (without sunglasses). The light entering your eyes helps to set your body clock and melatonin production.**
- **Avoid late in the day caffeine (coffee, tea, and soda). Most people take 4-6 hours to metabolize caffeine. If you are sensitive to caffeine it can take up to or more than 10 hours to metabolize it.**
- **Relaxation techniques to quiet your racing mind might include journaling, hot bath, deep breathing and meditation.**
- **Your bed, mattress and pillow can greatly impact sleep quality and joint or back pain. Try to buy a high-quality mattress and bedding every 5-8 years.**
- **Keep your bedroom dark. Try blackout curtains or blinds.**
- **Keep your bedroom at the right temperature. It should not be too hot or too cold.**
- **How quiet is your bedroom? Do you need white noise to distract from intermittent sounds?**
- **Regular exercise during daylight hours is one of the best ways to ensure a good night's sleep.**

HEALTH OR SAFETY REMINDER: Your bubble includes everyone you live with and everyone you spend time with outside of your house. Keep your bubble small so you can keep track of everyone in it. If someone in your bubble gets sick, you'll know if you or anyone else in your bubble has been exposed and needs to get care. By limiting your bubble to the same small number of people, you can lower your risk for COVID-19 and the risk of exposing others.

Discussion Points/Quiz Questions:

1. **What are some actions you can take to improve your sleep?**
2. **Do you have any bad habits to break to improve your sleep?**