



# SLEEP HYGIENE

TASK: Define sleep hygiene and show ways to improve quality of sleep.

CONDITIONS: Discussion - Question Based.

STANDARDS: Soldiers will understand sleep hygiene and identify technique to improve their quality of sleep.



# SLEEP HYGIENE

Discuss what Sleep Hygiene is.

(DISCUSSION) Ask the Soldiers what sleep hygiene is and why it is important.

- Sleep Hygiene: Habits, environmental factors, and practices that may influence the length and quality of one's sleep.
- We cannot rush through a day, making choices that ruin our sleep, and expect to fall into a “peaceful slumber” right away.
- Sleep should be a quiet, relaxing activity, so it is important to make a mental transition from our busy day into a sleep process.
- Quiet sleep rituals help ease this transition, preparing us mentally and physically for sleep.



# SLEEP HYGIENE

## Sleep In Bed Only.

(DISCUSSION) Ask the Soldiers where the best place to sleep is and activities you shouldn't do in bed.

- Its important not to associate the bed with anything other than sleep, otherwise it will become more difficult to fall asleep and stay asleep.

-Therefore it is recommended not to:

- Watch Television
- Eat in Bed
- Discuss Finances
- Discuss Emotional Issues
- General Arguing



# SLEEP HYGIENE

## Avoid Stimulants & Depressants

(DISCUSSION) Ask the Soldiers what they should avoid and why.

- Stimulants keep us awake, depressants help us fall asleep, but not keep us asleep.
  - Smoking : Nicotine is a stimulant. Although it might feel like relaxing, it adds a stimulant into the bloodstream and keeps us up throughout the night. Avoid smoking before bed and during night awakenings.
  - Caffeine: Caffeine is also a stimulant and should stop being consumed 6 hours before sleeping. When consuming caffeine we may experience “withdraw headaches,” which in turn also keeps us up through the night.
  - Drinking: Although alcohol is a depressant and help us fall asleep, the metabolic process involved in getting the body rid of the alcohol causes “withdraw syndrome.” Withdraw causes awakenings and is a common cause of “sweats” and nightmares.



# SLEEP HYGIENE

## Create a Sleep Routine & Stick To It.

- A peaceful bedtime routine lets the brain know that it's time unwind and forget the day's stresses.
- Fall asleep at the same time every night - Helps train your body to naturally start "shutting down" at the same time, which aids in falling asleep faster.
- Keep the noise down - Our day is filled with noise, it shouldn't follow us to bed. Turn off the television, radio, and videogames. If you cant eliminate other loud noises, "mask" them with white-noise, for example a fan, setting a radio between stations, or buy special a white-noise machine.