



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



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CCHSWellness@cchealth.org











BETTER SLEEP TIPS



To help us improve the quality of our sleep, we are featuring some of the tips that were shared with us by the **Sleep Team at UC Berkeley**. This article was also written in collaboration with **Amanda Dold, MH Program Manager**.



Most adults need **7.5 – 9 hours** of sleep per night to stay healthy. **We feel our best when we go to bed and wake up at the same time everyday.** This is also what's best for our physical and mental health. Our body needs to "**wind-down**" for sleep. In the hour before bed: *Be in dim light or darkness; Do relaxing activities.*

TIPS FOR ACHIEVING A REGULAR BEDTIME 	TIPS FOR ACHIEVING A REGULAR WAKE-UP TIME 	TIPS FOR REDUCING SLEEP RELATED WORRY		
Avoid napping because taking naps makes it harder to fall asleep at night.	Set an alarm to wake up at the same time every morning. 	Gratitude: Think of the things you are grateful for. 		
Avoid drinks that reduce sleep: alcohol, coffee, tea, soda, energy drinks.	Place the alarm far enough away from the so that turning it off requires getting out of bed.	Savoring: Recall a pleasant moment from today or the past.  Imagery: Close your eyes and think of a relaxing scene.		
Set an alarm for an hour before bedtime to remind us to get ready for bed. 	Get out of bed soon after the alarm rings. 	Worry Time: Set a specific time (at least two hours before bed) to "worry" – to think and write about what's on your mind. 		
Dim the lights and do relaxing activities one hour before bedtime. 	Turn on the lights and open any curtains so the light can help us wake up. 	Problem Solving: On a piece of paper, create two columns: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">Concerns</td> <td style="width: 50%; text-align: center;">Solutions</td> </tr> </table>	Concerns	Solutions
Concerns	Solutions			

WAKE-UP ROUTINE TO STAY ALERT AND WAKE

- Refrain from snoozing
- Increase activity
- Shower or wash face & hands
- Expose yourself to sunlight
- Upbeat music
- Phone a friend

IMPROVING DAYTIME FUNCTIONING

- Stay active
- Eliminate naps
- Limit drinks with alcohol and caffeine
- Use the bed for sleep only



We Care About You. Wellness Core Team Members: Priscilla Aguirre, Amanda Dold, Will Harper, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Samir Shah, Alvin Silva, Sonia Sutherland, Arlene Trimble, Emily Warming