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**SLEEP
DIARY**
click here!



A good laugh and a long sleep are the two best cures for anything.

- IRISH PROVERB

GETTING A FEW **more zzzz's**

When it comes to sleep, is the workplace really the place to talk about it? Looks like it's time for a nap... Just kidding!

How many times have you come to work tired and it's not even 9:00 a.m.? You're not alone. In fact, one in four Canadians aged 18-34 and one in three Canadians aged 35-64 aren't getting enough sleep.

Sleep is one of the main contributors to how we think and feel throughout the day, and though we all do it, it's not often talked about in depth. Sleep and fatigue impact our personal well-being and our effectiveness in the workplace more than we might realize.

There are many factors that influence our lack of sleep including screen time, a sedentary lifestyle, and pressures at work and at home. When you don't get enough sleep, you can experience higher levels of anxiety, depression, irritability, impatience and even reduced cognitive ability. With all these factors, it's surprising that we don't talk more about the impact of sleep on our work life.

Good sleep helps improve your mental health, mood and brain function. When you have an appropriate quantity and quality of sleep, you feel energized and better able to take on the day!

What's a person to do? Think beyond that extra cup of coffee or energy drink. Instead, make sleep a priority in your life. It isn't just a luxury, it's a necessity for your health and well-being!



Wellness Tip

Download ASEBP's **Self-Care A-Z activity** for your next team meeting and gather some new ideas.

SLEEP HYGIENE

The following tips are part of healthy sleep habits, also collectively called sleep hygiene.



Avoid stimulants. Stimulants like caffeine or nicotine can cause sleep problems for up to 12 hours after use. Changing your routine can help prime you for a good night's sleep.

Avoid heavy meals and alcohol. Heavy foods and alcohol late in the day can restrict our body's ability to fall asleep or sleep deeply. Lighten up on evening meals and snacks and avoid or limit alcohol when possible.

Encourage awareness by talking about it. Talk with your friends, family, or colleagues about how you sleep, and make it a regular conversation. Share tips and ideas on how to get the best zzz's!

Follow the Sun. Turn down bright lights and avoid screen time before bed. In the morning, open the shades, turn on the lights, or go outside in the sunshine.

Develop a bedtime routine. This may include a warm bath, relaxation activities, soft music, putting on your pjs, or some quiet reading. Avoid exercising at least one hour before you want to go to sleep. A relaxing pre-sleep routine will train you to get into sleep mode.

Don't toss and turn. If you are laying restless in bed for longer than half an hour, get up and do something calming such as reading or listening to relaxing music. Don't lay in bed thinking about how you should already be sleeping.

Get advice from a professional. If you find you are regularly having difficulties sleeping and it's impacting your daily activities, it may be time to seek professional advice. Speak with your family doctor, therapist or call your Employee and Family Assistance Program.



Self-Care Tip

Though sleep is important, make sure to be active and eat well too!

You might find that once you start changing one of these factors, the others will follow.



Community Connection Tip

Canadian Mental Health Association's Recovery College YYC offers free, online classes on *Getting a Good Night's Sleep to Building Better Boundaries*.

Check out their [e-course catalogue](#).

SOURCES

Division of Sleep Medicine at Harvard Medical School, 2013. [Getsleep](#).
Anxiety Canada. (n.d.) [Getting a Good Night's Sleep](#).
Public Health Agency of Canada, 2019. [Are Canadian Adults Getting Enough Sleep?](#)