

RESET YOUR Sleep CYCLE

Six Tips for a Better Night's Sleep



★ MATTRESS MATTERS

Your bed plays an important role in determining how long and how well you sleep. Older mattresses do not provide the support you need for restful sleep; if your mattress is seven years or older, it's time to replace it.

★ RELAX YOUR MIND

After a long day, you need to relax, reflect and decompress before trying to fall asleep. Take this time to turn off the "noise" of the day and read something calming, meditate, listen to quiet music, or take a warm bath. Many people who have a relaxing pre-sleep routine fall asleep faster and stay asleep longer.

★ STICK TO A SLEEP SCHEDULE

Go to bed and get up at the same time every day. This helps to regulate your body's internal clock and could help you fall asleep and stay asleep for the night. Keep a consistent schedule for sleep and wake times and soon they will become just a part of your regular routine.

EXERCISE REGULARLY ★

Physical activity improves sleep quality and increases sleep duration. Timing your exercise can make a difference. A high-intensity cardio workout late in the day can disrupt sleep. Save your runs and step classes for the morning if you find that an intense workout interferes with your sleep.

LIGHTEN UP ON EVENING MEALS ★

Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Your body isn't meant to be digesting while you sleep, so a big meal too close to bedtime may keep you up at night.

AVOID SCREENS BEFORE BED ★

Dim the lights and turn off all your devices about an hour before bedtime. The blue light emitted by your phone, tablet, computer, or TV can negatively affect the way you sleep. Bright light triggers our brains that it's time to be awake and alert, start sending the opposite signal early to help you fall asleep faster.

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