



# It's Time to Spring Forward!!!

## Are you getting enough sleep??

### Sleep is essential for wellbeing

- Sleep helps the body recharge its batteries, rest the spirit, and regroup for another day.
- Lack of sleep causes fatigue, moodiness, irritability, poor memory, and possibly depression.
- Spiritually, sleep is important for active minds and good dispositions.



### Tips for getting a good night's sleep

- ✓ Make sleep a priority. Keep consistent bedtime and waking routines even on weekends.
- ✓ Create a bedtime routine that prepares you and your mind for sleep: reading, a soothing bath, prayer, and a dark quiet room will allow the mind to relax.
- ✓ Ensure you have a comfortable, supportive mattress and pillows. If your mattress is over 7 years old it may need to be replaced, pillows should be replaced every year.
- ✓ Keep work materials, computers, and televisions out of the bedroom.
- ✓ Exercise can improve sleep however exercise routines should be completed at least 2 hours before bedtime.
- ✓ Do not use caffeine, alcohol, and nicotine close to bedtime.
- ✓ Finish eating at least 2-3 hours before bed.
- ✓ Use prayer to turn your worries over to God prior to sleep and to keep the challenges and worries of daily life from spilling over into nighttime.

If you experience sleep difficulties 3 or more times each week consult a doctor to see if the problem is medical in nature.

### Sleep Apnea

Sleep apnea is a repetitious stop and start in bedtime breathing which causes chronic fatigue and impacts thinking and energy levels. If you are consistently tired after a long night's sleep you should consult your physician.



“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.”

~ Proverbs 3:24 (NIV)

This health promotional flyer is provided by the St. Mary's Parish Nurse Ministry