

# How to get a restful sleep

Sleep is one of the most important things for your well-being but stress, pain and changes in your life can make it hard to get a restful sleep. Try making these changes to help you sleep better.

## Tips for better sleep

- Try to get seven to nine hours of sleep every 24 hours.
- Try going to bed and getting up around the same time each day. If you need to change things, limit the changes to an hour difference at most.
- Do something quiet before bed like reading, taking a bath or shower, or a relaxing hobby. It's best to avoid screens.
- Stay away from strenuous physical activity two to three hours before bedtime.
- Keep daytime naps short, ideally under 20 to 30 minutes. Set an alarm if you need to.
- Sleep in a dark, cool and quiet room. Use earplugs, an eye mask or a white noise machine if needed and put your phone far from your bed.
- Go outside everyday.
- Try mindfulness meditation or progressive muscle relaxation to help you fall asleep. You can find apps to guide you through these techniques. You can also try listening to calm music.
- Avoid nicotine, alcohol, heavy meals or spicy or acidic food at least a couple of hours before bed. If you're hungry, have a light snack such as fruit, yogurt or crackers and cheese.
- Keep an eye on your caffeine intake, especially late in the day. Caffeine is found in a variety of sources like energy bars, chocolate, tea, cola, coffee and coffee-flavoured yogurt and ice-cream.



These tips work for most people, but your needs may be different. Keeping track of your daily activities and habits around sleep will help you understand what works best for you.



For a short video on this topic, click [here](#) or use this link: [canadalife.com/video-sleep](https://canadalife.com/video-sleep)

Sweet dreams!

# How to get a restful sleep

Here's a sleep log you may want to fill in for a few weeks. It can help you find out how your routine and habits impact your sleep. Consider sharing this sleep log with your health care provider if you continue having trouble getting a restful sleep or if you often feel sleepy during the day.

## Instructions

- You can print the sleep log and fill in a paper copy.
- To fill electronically, save a copy on your computer. Use the Tab key to navigate from one cell to another.
- Use one log per week.
- Try to notice patterns between your daytime habits and activities and the quality of your sleep.
- Use the comments section to add details that will help you get a clear picture of your sleep, for example, if your day was stressful, you worked more than usual, your child woke you up, you had a lot of pain, etc.

Here's how you can rate the quality of your sleep using a 1 to 5 rating scale:

1

### Very poor sleep

I spent most of the night awake or in a very light sleep. I didn't feel rested. I wasn't able to attend my regular activities.

2

### Poor sleep

I had a few hours of good sleep, but not enough. I felt tired and sleepy most of the next day and I had trouble attending my regular activities.

3

### Needs improvement

I had trouble falling asleep. I slept lightly or woke up completely at least once. I felt tired or sleepy at some point during the day but was able to attend some or most of my regular activities.

4

### Good sleep

I took some time to fall asleep or I woke up and fell back asleep right away but slept generally well. I felt ok the next day and was able to attend all my regular activities.

5

### Great sleep

I had a good night and felt completely rested and fully functional the next day.

# Sleep log

|   |  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--------|---------|-----------|----------|--------|----------|--------|
| <br><b>Day</b>     | <b>Caffeine</b><br>Amount and source                               |        |         |           |          |        |          |        |
|   | <b>Time spent outside</b><br>Hours/minutes                         |        |         |           |          |        |          |        |
|   | <b>Nicotine</b><br>Number of cigarettes or mg.                     |        |         |           |          |        |          |        |
|   | <b>Alcohol</b><br>Number and type of drinks                        |        |         |           |          |        |          |        |
|   | <b>Daytime naps</b><br>Hours/minutes                               |        |         |           |          |        |          |        |
|   | <b>Activities</b><br>in the hour before bedtime                    |        |         |           |          |        |          |        |
| <br><b>Night</b> | <b>Time I went to bed</b>  |        |         |           |          |        |          |        |
|   | <b>Time I got up</b>   |        |         |           |          |        |          |        |
|   | <b>Quality of sleep</b><br>See <a href="#">rating instructions</a> |        |         |           |          |        |          |        |
|   | <b>Other comments</b>  |        |         |           |          |        |          |        |