

GET SOME SLEEP!

Sleep is an essential function of the human body, but sleep thieves will rob you of the rest that you need. Adults need seven to nine hours of sleep each night.

Sleep Thieves



Caffeine stays in your body for about 12 hours, so your morning beverage may still be in your system at 10 p.m. Check this out: [Caffeine content of popular drinks, food and medications](#).



Alcohol is tricky because it can make you feel tired, but the sleep you get after drinking isn't restful. Drinking before bed can make you need to use the restroom during the night.



Consider a "screen ban" on televisions, computers and tablets, cell phones, and other electronic devices in your bedroom and connected to the waking world.



Evening activities, whether it is work or social, are one of the top reasons people do not get enough sleep.

Protect Yourself

Try to avoid caffeine after mid-day and if you need an afternoon pick-me-up, try drinking a glass of water or take a short activity break instead of grabbing more coffee or an energy drink.

EAP Helpline 800-779-1212

Limit yourself to one or two alcoholic drinks and avoid them within two hours of bedtime.

Avoiding bright light can help you transition to bedtime and contribute to your body's production of melatonin, a hormone that promotes sleep.

Take inventory of how you spend your hours and negotiate balance where you can.

References

1. Berger, F., Zieve, D., & Conway, B. (2020, August 4). Sleep and Your Health. MedLine Plus. Retrieved from <https://medlineplus.gov/ency/patientinstructions/000871.htm>.

2. Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, Buysse D, et al. Recommended amount of sleep for a healthy adult: a joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep* 2015;38(6):843–844. <https://aasm.org/resources/pdf/pressroom/adult-sleep-duration-consensus.pdf>.