

Create a Sleep Hygiene Infographic:

Directions: Work with a partner to create a visual infographic on proper sleep hygiene. Your infographic should include both illustrations and information presented in your articles. You will be graded based on the accuracy and magnitude of information provided. In addition, your infographic will be assessed on clarity.

You must include at MINIMUM:

- 3 Warnings - Essentially, things that can go wrong or to avoid in regard to sleep habits.
- 3 Recommendations - Things that are important to do to promote healthy sleep habits.
- 3 Images - These should correspond to the content above, in at least one or multiple ways. Examples would be pictures depicting sleep issues, charts, graphs, etc.
- 1 Catchy Slogan to summarize the mission/message of your infographic. Example: "Sleep, it's what's after dinner."

10 points
Due by Thursday

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Article 1: <http://www.sleepeducation.com/essentials-in-sleep/healthy-sleep-habits>

Healthy Sleep Habits

Your behaviors can have a major impact on your sleep and can contribute to sleeplessness. Your actions during the day, and especially before bedtime, can make it difficult to fall asleep, stay asleep or get restful sleep.

Your daily routines – what you eat and drink, the medications you take, how you schedule your days and how you choose to spend your evenings – can significantly impact your quality of sleep. Even a few slight adjustments can, in some cases, mean the difference between sound sleep and a restless night. Completing a two-week **sleep diary** can help you understand how your routines affect your sleep.

The term “sleep hygiene” refers to a series of habits and rituals that can improve your ability to fall asleep and stay asleep. Board certified sleep physicians recommend following a series of common-sense, healthy sleep habits to promote better sleep. These healthy sleep habits are a cornerstone of cognitive behavioral therapy, the most effective long-term treatment for patients with insomnia. CBT-I can help you address the detrimental thoughts and behaviors that are preventing you from sleeping. It also includes techniques for stress reduction, relaxation and sleep schedule management.

Sleep specialists recommend that you follow the healthy sleep habits that are highlighted in this article. If you have difficulty sleeping or want to improve your sleep, try following these sleep hygiene tips. If your sleep problem persists, the AASM recommends that you seek help from the sleep team at an AASM accredited sleep center.

Quick Sleep Tips

Follow these tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough for you to get at least seven hours of sleep.
- Don't go to bed unless you are sleepy.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish relaxing bedtime rituals.
- Use your bed only for sleep and sex.
- Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Limit exposure to light in the evenings.
- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

Article 2: <https://sleepfoundation.org/ask-the-expert/sleep-hygiene>

What is sleep hygiene?

Sleep hygiene is a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness.

What are some examples of good sleep hygiene?

The most important sleep hygiene measure is to maintain a regular wake and [sleep pattern](#) seven days a week. It is also important to spend an appropriate amount of time in bed, not too little, or too excessive. This may vary by individual; for example, if someone has a problem with daytime sleepiness, they should spend a minimum of eight hours in bed, if they have difficulty sleeping at night, they should limit themselves to 7 hours in bed in order to keep the sleep pattern consolidated. In addition, good sleep hygiene practices include:

- **Avoid napping during the day.** It can disturb the normal pattern of sleep and wakefulness.
- **Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime.** While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing arousal.
- **Exercise can promote good sleep.** Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.
- **Food can be disruptive right before sleep.** Stay away from large meals close to bedtime. Also dietary changes can cause sleep problems, if someone is struggling with a sleep problem, it's not a good time to start experimenting with spicy dishes. And, remember, chocolate has caffeine.
- **Ensure adequate exposure to natural light.** This is particularly important for older people who may not venture outside as frequently as children and adults. Light exposure helps maintain a healthy sleep-wake cycle.
- **Establish a regular relaxing bedtime routine.** Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed.
- **Associate your bed with sleep.** It's not a good idea to use your bed to watch TV, listen to the radio, or read.
- **Make sure that the sleep environment is pleasant and relaxing.** The bed should be comfortable, the room should not be too hot or cold, or too bright.

Why is it important to practice good sleep hygiene?

Sleep hygiene is important for everyone, from childhood through adulthood. A good sleep hygiene routine promotes healthy sleep and daytime alertness. Good sleep hygiene practices can prevent the development of sleep problems and disorders.

How does someone know if his or her sleep hygiene is poor?

Sleep disturbances and daytime sleepiness are the most telling signs of poor sleep hygiene. If one is experiencing a sleep problem, he or she should evaluate their sleep routine. It may take some time for the changes to have a positive effect.

How do I know the best sleep hygiene routine for me?

If you're taking too long to fall asleep, or awakening during the night, you should consider revising your bedtime habits. Most important for everyone is to maintain a regular sleep-wake schedule throughout the week and consider how much time you spend in bed, which could be too much or too little.