

30 Days to a Well-Rested You

Getting a good sleep and managing feelings of fatigue are important components of maintaining balance. Follow these tips over the next 30 days to help improve your sleep and feel more energized! At the end, reflect on what works best for you and commit to making it part of your regular routine.

Share your own wellness journey using **#AHSwhatsyourbalance** **#ImproveYourSleep** on social media.

What's your balance?

SUN	MON	TUE	WED	THU	FRI	SAT
				<p>1 Tracking your sleep can help you understand why you might be feeling tired. Keep a sleep journal for a week and see where you can make improvements.</p>	<p>2 Sleeping in a cool, dark room can boost your sleep quality. Adjust the temperature and cover light sources to ensure a good sleep.</p>	<p>3 Create a sleep routine to prepare yourself for bedtime. Take time to wind down and relax before going to sleep.</p>
<p>4 Light sources, especially blue light (from fluorescent, LED lights, digital screens or sunlight), can suppress hormones that prepare you for sleep. Remove light sources as you near your bedtime.</p>	<p>5 Too much caffeine may lead to sleep problems in some people. Track your caffeine intake. Aim for less than 400mg per day (about 3 x 250 ml cups of coffee).</p>	<p>6 Minimize distractions while you sleep by keeping items like electronics or work related items out of sight. Think about other factors that may be distracting you from a full sleep and try to manage them accordingly.</p>	<p>7 Check in on your sleep journal. Were there days you felt more rested than others? Think about how much sleep you need to feel rested and alert.</p>	<p>8 When setting up your sleep environment, think about if your pillow, bedding and mattress are meeting your sleep needs and promoting a good quality sleep.</p>	<p>9 Chat with a colleague about personal tips that help manage fatigue.</p>	<p>10 Beat the 'afternoon slump' or 'mid-shift slump' by going for a brisk walk.</p>
<p>11 Take notice of when you're tired, and use that time for self-care.</p>	<p>12 Look ahead in your schedule. See if you can make adjustments to personal commitments to allow more time for rest.</p>	<p>13 Get moving! Being physically active during waking time can help improve your sleep quality.</p>	<p>14 Take an hour this week to spend time on self-care. Go for a walk, take a bath or rejuvenate in other ways that are right for you.</p>	<p>15 Unplug from technology. Tucking away your electronics 2-3 hours before bed helps to prepare yourself for a good rest.</p>	<p>16 Curb expectations with family and friends to make sure you leave enough time in your schedule to meet personal commitments and get enough sleep.</p>	<p>17 Ensure you're taking your scheduled vacation time to give yourself an opportunity to rest. Managing your time 'off' is as important as managing your time 'on'.</p>

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<p>18 Having a busy family schedule can interfere with sleep and lead to feeling fatigued. Limit activities to a manageable amount or reach out to your partner or family members for help.</p>	<p>19 If you share a sleep space with another individual, have a conversation about your sleep needs. Whether it be separate bed times, using earplugs or having temperature differences, opening the conversation can help to support both individuals to have a restful sleep.</p>	<p>20 Are you a social butterfly? Think about winding down your conversations early enough so you have time to relax before you catch some z's.</p>	<p>21 If you have shift work, set up your sleep environment for sleep during the day. Consider using blackout curtains, an eye mask or earplugs to minimize distractions.</p>	<p>22 If you nap as part of your sleep routine, make your naps effective. Limit naps to no more than 30 minutes to help you wake up more refreshed.</p>	<p>23 If you have a tendency to leave your bed during the night, consider using a motion sensor nightlight to ensure your safety. Consider removing tripping hazards such as open drawers and laundry baskets.</p>	<p>24 Too tired to exercise? Think again! Regular physical activity can help you feel less tired. Even a short amount of activity can give you a boost of energy.</p>
<p>25 Limit caffeine to 400 mg a day (about 2-3 small cups of regular coffee). Caffeine can stay in your system for up to eight hours and affect your sleep. Think about beverages you consume, such as coffee and tea, that may contain caffeine. Consider replacing these drinks with water or a decaffeinated option four hours before bedtime.</p>	<p>26 Avoid alcohol before bedtime. Alcohol can cause you to wake up more often during the night. Instead, enjoy a cup of your favourite tea (without caffeine) or steamed milk with a dash of cinnamon.</p>	<p>27 Pack a healthy lunch or snack to help you survive the mid-shift slump. Include vegetables and fruits, whole grains and lean protein. Get inspired! Explore these healthy recipes.</p>	<p>28 When preparing to get the sleep you need, think about the actual amount of time spent sleeping. If it takes you some time to settle into sleep, factor that time in to your schedule to allow for sufficient sleep.</p>	<p>29 If you are tired, avoid driving and look for alternative methods of transportation. Being awake for 17-19 hours can produce the same or worse performance on tests as someone with a blood alcohol of 0.05%, which is the legal limit for driving in Alberta. ¹</p>	<p>30 Find a time of day to be active that works for you. Being physically active right before bed can keep some people awake while others have no problem falling asleep after.</p>	

Join the conversation, and be inspired to think about your wellness!

Share what balance looks like to you, using #AHSwhatsyourbalance on social media. Or visit ahs.ca/whatsyourbalance to download the [Wellness Scorecard](#) to get started on your path to finding balance.

¹ Williamson, A. M. (2000). Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication. *Occupational and Environmental Medicine*, 57(10), 649-655.