Participant Guide

Sleep Success Tips & Tricks for a Good Night’s Rest

Concern
Real help, real experts, real fast
Overview

Are you tired of tossing and turning at night? Technology, fast-paced lives, and stress can negatively impact the ability to get a good night’s sleep. In this interactive workshop, you’ll learn simple steps and strategies to turn restless nights into restorative sleep. In no time, waking up refreshed and energized will be the norm.

Agenda

- 24-hour Sleep Plan
- How much sleep is recommended
- 7 tips for 24 hours
- Sleep tricks for a good night’s rest
- Choose a few things to experiment doing

Questions to Consider

- What’s getting in the way of a good night’s sleep?
- How much am I willing to change for sleep success?
- How would my life be different if I felt rested?
24-hour Sleep Plan

- Pro-Sleep Daytime Habits
- Sleep Schedule
- Pre-Bed Routine
- Sleep-Inducing Bedroom

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Pro-Sleep Daytime Habits

**TIP #1: GET LIGHT**

- Circadian Rhythm
- Sleep Drive

*The master clock coordinates biological clocks from received light*

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Pro-Sleep Daytime Habits

**TIP #2: BE HEALTHY**

- Move your body
- Eat healthy and hydrate
- Rethink caffeine
- Avoid nightcaps
- Quit nicotine

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TRICKS

- Swap your alarm for an illuminating wake-up light
- Open curtains first thing when you wake up
- Go outside
- Get your heart pumping – walk, jog, swim
- Gentle exercise – Tai chi, yoga stretching
- ABC sleep

Always Be Considering

Sleep Schedule

TIP #3: STAY ON TRACK

- Wake up and go to sleep at the same time – even on weekends
- Plan your sleep schedule
- Nap mindfully

Are you getting enough sleep?

Sleep needs change as you age

Age Group | Recommended Hours of Sleep Per Day
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Newborn 0-3 months | 14-17 hours (National Sleep Foundation)¹
Infant 4-12 months | 12-16 hours per 24 hours (including naps)²
Toddler 1-2 years | 11-14 hours per 24 hours (including naps)³
Preschool 3-5 years | 10-13 hours per 24 hours (including naps)³
School Age 6-12 years | 9-12 hours per 24 hours²
Teen 13-18 years | 8-10 hours per 24 hours²
Adult 18-60 years | 7 or more hours per night¹
61-64 years | 7-9 hours³
65 years and older | 7-8 hours³
Larks – Hummingbirds - Owls

TRICKS

- Map out your sleep schedule
- Consider your chronotype
- Keep a sleep diary
- Use a sleep-tracking method

Pre-bed Routine

TIP #4: WIND DOWN

- Follow evening routine
- Avoid bright lights
- Quiet the mind
**TRICKS**

- Use low wattage bulbs
- Try an illuminating light
- Not too hungry, not too full
- Limit fluids prior to bed
- Read, listen to music
- Relaxation, gentle stretching

- Address worries
- Keep a gratitude journal
- Make a to-do list
- Enjoy a warm bath, shower

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**Pre-bed Routine**

**TIP #5: STASH ELECTRONICS**

- Limit blue light (TV, smart phones, computers, tablets, video games)
- An hour or two before bedtime put away electronics
- Set an “electronic sundown” alarm

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**TRICKS**

- Blue light-blocking help
  - Glasses, apps, filters for electronic screens
- Use settings to dim lights on electronics
- Out of sight, out of mind
- Avoid “doomscrolling”
Sleep-inducing Bedroom

**TIP #6: CREATE A SANCTUARY**

- Cool
- Dark
- Quiet
- Comfy
- Fresh
- Tidy

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**TRICKS**

- Keep it cool
- Make it dark
- Minimize noise
- Upgrade mattress & pillows
- Use seasonal bedding
- Improve air quality
- Add aromatherapy
- De-clutter

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Sleep-inducing Bedroom

**TIP #7: REST IN BED**

- Only use your bed for slumber and intimacy
- Keep it sacred space
- Sharing the bed – is it working?
- Reframe “best sleep” to “better sleep”
TRICKS
• Create co-sleeping solutions
• Accept night wakings
• Practice relaxation
  Controlled breathing, body scan
  meditation, mental imagery
• Listen
  Calm, Headspace, Slumber, Sleep Cycle
• Adjust your body
• Help is on the way
  Sleep specialist, cognitive behavioral
  therapist

Fall Asleep Fast Trick
The Military Method
• Get into a comfortable position
  and relax each part of your
  face (eyelids, jaw, lips, brow).
• Let your arms rest at your sides,
  dropping your shoulders first.
• Begin taking deep breaths to
  relax your chest.
• Start relaxing your lower half,
  working your way down from
  your hips down through each
  part of your leg to your feet.
• Visualize a peaceful setting to
  set your mind at ease (beautiful
  countryside, a quiet lake).
  Recognize any intrusive thoughts
  and try to move beyond these
  images.

7 Tips for 24 Hours
1. Get light
2. Be healthy
3. Stay on track
4. Wind down
5. Stash electronics
6. Create a sanctuary
7. Rest in bed
Q & A

Which of the following could help you get a good night’s rest?

a) Watch a tv show (a comedy) in bed to help you fall asleep
b) Get a morning walk outside while the sun is out before starting the day
c) Have a night cap to help you doze off and stay asleep
d) Keep the bedroom a cozy temperature of 70-73 degrees

Q & A

True or False

Sleeping behavior is only affected by what we do after 9:00 PM

Additional Resources

- American Academy of Sleep Medicine (AASM): https://aasm.org
- National Sleep Foundation: https://www.thenist.org
- Sleep Advisor: https://www.sleepadvisor.org/
- Sleep Foundation: https://www.sleepfoundation.org/
- Sleep.org: https://www.sleep.org/
Confidential Life Balance Solutions at No Cost To You

Counseling
Set of freeface-to-face, phone video or chat sessions per issue per 12 months
- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching
Set of 3 phone sessions per year
- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care
Resources for all stages of life:
- Parenting & Childcare
  - Childcare resources & referrals
  - Parent coaching
- Teens, college and beyond
- New Baby Kit

Legal & Financial
Legal Referrals
- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations
- Money management
- Debt consolidation
- Investment basics
- Income taxes
- Identity theft resolution

Concern’s Digital Platform
Your front-door for easy, confidential access to personalized support, anytime you need it
- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life

Benefits
Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern’s toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern’s Digital Platform
Accessible from your phone, tablet, or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

Mindfulness for Everyday Living
You have access to an entire suite of evidence-based live and on-demand mindfulness solutions.
- It can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.
Thank you!
Questions? Comments?

Please complete the Survey Monkey
https://www.surveymonkey.com/r/3VHDNPS