

Participant Guide

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




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



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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?

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24-hour Sleep Plan

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

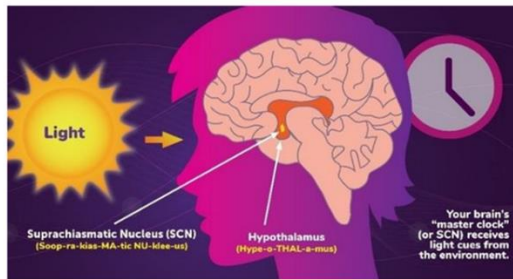


Pro-Sleep Daytime Habits

TIP #1: GET LIGHT

- Circadian Rhythm
- Sleep Drive

The master clock coordinates biological clocks from received light



Credit: NIGMS



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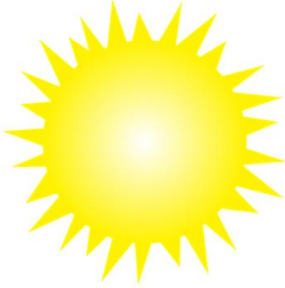
Pro-Sleep Daytime Habits

TIP #2: BE HEALTHY

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



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 **B**e **C**onsidering



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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



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Are you getting enough sleep?

Sleep needs change as you age

Age Group	Recommended Hours of Sleep Per Day
Newborn 0–3 months	14–17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
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) ²
Preschool 3–5 years	10–13 hours per 24 hours (including naps) ²
School Age 6–12 years	9–12 hours per 24 hours ²
Teen 13–18 years	8–10 hours per 24 hours ²
Adult 18–60 years	7 or more hours per night ³
61–64 years	7–9 hours ¹
65 years and older	7–8 hours ¹



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Larks – Hummingbirds - Owls

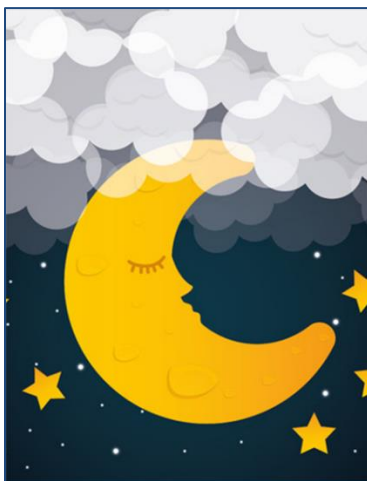


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TRICKS

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

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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



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"



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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"

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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 those images.



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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.thensf.org>
- Sleep Advisor: <https://www.sleepadvisor.org/>
- Sleep Foundation: <https://www.sleepfoundation.org/>
- Sleep.org: <https://www.sleep.org/>
- Lipman, F., Parikh, N. (2021). *Better Sleep, Better You*. Little, Brown, Spark.
- Macedo, D. (2021). *The Sleep Fix*. William Morrow.
- Mosley, M. (2021a). *Fast Asleep* (pp. 33–35). Simon and Schuster.
- Stevenson, S. (2016). *Sleep smarter*. Rodale.
- Walker, M. P. (2018). *Why We Sleep*. Scribner.

Confidential Life Balance Solutions at No Cost To You

Counseling

Set of free face-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
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution



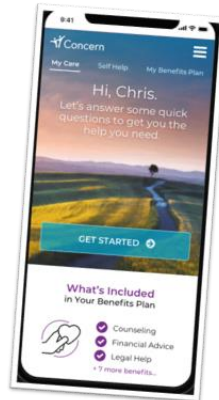
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Concern's Digital Platform

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



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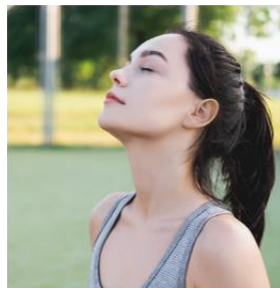
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eM Life App.

Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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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>

