

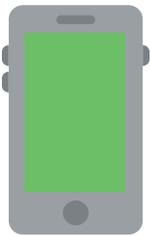
Sleep Week

Monday, March 12 -
Friday, March 16, 2018

**Why
focus on
sleep?**

Sleep is essential to our overall health & wellbeing. Getting good quality sleep may help us reduce risk of chronic diseases, depression and anxiety.¹

8 Tips for a Better Sleep



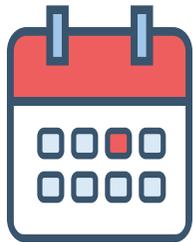
CREATE A SOOTHING SLEEP ENVIRONMENT

Keep your sleep space as dark, cool and quiet as possible. It's best to avoid electronic screens for at least 30 minutes before bed, as exposure to these lights may affect your body's internal clock.^{2,3}



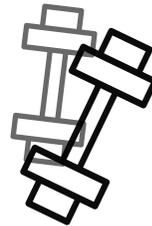
MAINTAIN HEALTHY EATING HABITS

A balanced diet may help you get better quality sleep. Try choosing vegetables, fruits, lean protein, such as skinless chicken breast, and whole grains to create healthy meals and snacks.⁴



ESTABLISH A REGULAR SLEEP ROUTINE

Try going to sleep at the same time each night and waking up at the same time each morning, when possible, even on weekends and vacation days. Changes between workdays and days off may impair your sleep.^{1,2}



ESTABLISH AN EXERCISE ROUTINE

Twenty minutes of exercise before work, such as a brisk walk, a bike ride, jog, or swim may help you get energized. Try avoiding exercise within the three hours before sleep.⁴



TAKE NOTES

If your mind is busy going over your to-do list, try keeping a notepad by your bed where you can write down your thoughts. Allow yourself to check the list when you wake up so you can put your mind at ease.²



RETHINK YOUR DRINK

Avoid caffeinated coffee, tea, and cola later in the day. Try sipping non-caffeinated beverages, such as plain or infused water, seltzer, unsweetened decaffeinated tea throughout the day. If you drink alcohol, it's best to do so in moderation. Try avoiding alcohol 1-2 hours before bed as it may disturb your sleep.^{3,4}



DON'T CHECK THE CLOCK

If you cannot fall asleep, or if you wake up during sleep, frequently checking the clock and calculating how much sleep you're losing can create anxiety and make it harder to fall asleep.²



DON'T IGNORE YOUR SNORE

Snoring may be a sign of a more serious condition known as obstructive sleep apnea. If you are affected by snoring, you might consider visiting a provider who specializes in sleep.⁵

References

(1): World Sleep Society; <http://worldsleepday.org/toolkit>

(2): American Psychological Association; <http://www.apa.org/helpcenter/sleep-disorders.aspx>

(3): American Academy of Sleep Medicine; www.sleepeducation.org

(4): Centers for Disease Control and Prevention; <https://www.cdc.gov/niosh/docs/97-145/pdfs/97-145.pdf>

(5): National Sleep Foundation; www.sleep.org

Let's Talk About

Shift Work & Sleep



Sometimes, getting enough good quality sleep can be a challenge

Good quality sleep is important in reducing risk of chronic diseases & fostering a healthy mind

Working Shifts? Check out these tips to maximize your sleep.

IDENTIFY YOUR BEST SLEEP SCHEDULE

We are all different, so it can be helpful to find out what sleep schedule works best for you. Try **keeping a log** of when you go to sleep, when you wake up, and how rested you feel to help you **identify what works**.¹



CHOOSE HEALTHY FOODS & BEVERAGES

Try focusing on eating vegetables, fruits, lean protein and whole grains to create **healthy and balanced** meals and snacks. Consider sipping water and other non-caffeinated beverages **throughout your shift** to keep you hydrated. This may help you get better quality sleep later on.¹



NAP SMART

A **20-30 minute** afternoon or evening nap before work may help **fight sleepiness during the night shift**. Try to allow enough time for drowsiness to wear off after a nap before starting your shift.¹



BE MINDFUL OF CAFFEINE

If you drink caffeinated beverages, do so **before your shift or early in your shift**. Consuming too much caffeine, or drinking caffeine late in your shift can make it difficult to fall asleep, and may also make sleep lighter and less satisfying.¹



BLOCK OUT NOISE

Try **turning off your phone** or telling friends and family when not to call. Consider using **ear plugs** when you sleep. Think about putting up **heavy curtains** that can help block outside noise as well as keep your space dark.¹



AVOID ALCOHOL BEFORE BED

Although alcohol can make you sleepy, it may actually **disturb your sleep**, causing you to wake up more frequently and sleep more lightly. If you drink, do so in moderation, and avoid alcohol for **1-2 hours** before bed.¹



STICK TO A BEDTIME ROUTINE

For example, always washing up and brushing your teeth may help you feel more comfortable, as well as **signal to your body** that it is time to sleep.¹



EXERCISE REGULARLY

Early morning exercise is good for **day shift**, afternoon exercise is good for **evening shift**, and early evening exercise is good for **night shift**. If possible, try to avoid exercise in the three hours before going to sleep.¹



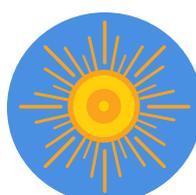
MINIMIZE BRIGHT LIGHT

Exposure to bright light may signal to your body that it is time to be awake. Avoiding electronic screens for **at least 30 minutes** before bed may help you sleep better. You can also try wearing sunglasses on your way home from your shift to help your body unwind.^{1,2,3}



SWITCHING BACK TO DAYS

When switching back to days after a night shift, it may be best to **get most of your sleep the following night**. Try sleeping just a few hours shortly after the night shift to shake off sleepiness. Then, try staying awake all day, and go to sleep at your regular bedtime at night.¹



NYPBeHealthy

References

(1): Centers for Disease Control and Prevention; <https://www.cdc.gov/niosh/docs/97-145/pdfs/97-145.pdf>

(2): American Academy of Sleep Medicine; www.sleepeducation.org

(3): National Sleep Foundation; <https://sleepfoundation.org/shift-work/content/tips-sleeping-during-the-day>

Sleep Resources

Talk With a Provider Who Specializes in Sleep

NYP employees can learn more about healthy sleep habits, or make an appointment with a provider specializing in sleep disorders at these locations:

✧ **NewYork-Presbyterian/Weill Cornell Medical College**

Center for Sleep Medicine
425 East 61st Street, 5th Floor
New York, NY 10065
(646) 962-7378
sleep@med.cornell.edu
www.weill.cornell.edu/sleep



✧ **Columbia University**
Cardiopulmonary Sleep and Ventilatory Disorders Center

Presbyterian Hospital Building
8th Floor, Suite 859
622 West 168th Street
New York, NY 10032
(212) 305-7591
www.cumc.columbia.edu/pulmonary/clinical-centers/sleep-center



✧ **Columbia Doctors Neurology**

**The Neurological
Institute of New York**
710 West 168th Street
New York, NY 10032

Columbia Doctors Neurology -Midtown

51 West 51st Street, Suite 380
New York, NY 10019
(212) 305-1742
www.columbiasleep.org



✧ **Columbia Doctors Pediatric Sleep Disorders Center
at Morgan Stanley Children's Hospital**

Sleep Clinic and Sleep Lab
3959 Broadway, CHC 7-701
New York NY 10032

Columbia Doctors Westside Sleep Clinic

21 West 86th Street
New York, NY 10024



Stamford Sleep Clinic and Sleep Lab

32 Strawberry Hill Ct, Suite 11
Stamford, CT 06902

(212) 305-2406 or (212) 305-5122



✧ **NewYork-Presbyterian Brooklyn Methodist Hospital**

Center for Sleep Disorders

506 6th Street
Brooklyn, NY 11215
(718) 780-3017

<http://www.nyp.org/brooklyn/services/asthma-and-other-lung-diseases/center-for-sleep-disorders>

✧ **NewYork-Presbyterian Hudson Valley Hospital**

Center for Sleep Medicine

1980 Crompond Road
Cortlandt Manor, NY 10567
(914) 734-3840

www.nyp.org/hudsonvalley/services/sleep-center



✧ **NewYork-Presbyterian Lawrence Hospital**

Center for Sleep Medicine

55 Palmer Avenue, 5TH Floor
Bronxville, NY 10708
(914) 787-4400

www.nyp.org/lawrence/services/sleep-medicine

