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

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

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

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

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 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

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

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

References
(2): American Academy of Sleep Medicine; www.sleepeducation.org
(3): National Sleep Foundation; https://sleepfoundation.org/shift-work/content/tips-sleeping-during-the-day
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