



September 2020: Healthy Sleep Habits

**MINES
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A National Business Psychology Firm



“Sleep is the golden chain that ties health and our bodies together.” — Thomas Dekker

Welcome to the September 2020 edition of **TotalWellbeing**, your guide to the 8 dimensions of wellbeing. Healthy sleep habits are the topic that we will be exploring this month. With everything going on including the ongoing pandemic to kids going back to school, it would be understandable if many of us are not sleeping as well as we'd like. While it can be tough to calm a racing mind, especially at night, there are steps you can take to help set yourself up for a good night's rest. One of the most important things you can do is set up a consistent bedtime routine. This routine should be a relaxing ritual away from distractions and electronic screens that signals to your body that it is time for sleep. Make sure to start your bedtime routine at the same time every night, yes even weekends, to ensure your sleep patterns are as regular as possible.

Check out the information below for more tips and articles on healthy sleep habits for both yourself and your kids. Don't forget that through your Employee Assistance Program you also have access to 4 professional wellness coaching sessions per year. These can be used to work with a personal wellness coach to work on work/life balance goals including getting enough rest. Call today to get started!

As a quick reminder, your online portal, [PersonalAdvantage](#), also has helpful resources and tips and resources on getting rest, mindfulness, stress reduction, and much more to help you feel your best.

This Month's Focus

Free Webinar:

[Fixing Our Broken Sleep](#)

MINESblog:

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[Are There Potentially Positive Outcomes from COVID-19?](#)

[Back to School During the Pandemic](#)

Important Links

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To your total wellbeing,
The MINES Team

How You Can Get a Better Night's Sleep

Despite common belief, aging doesn't cause sleep problems, and seniors don't need less sleep as they grow older. Most older people sleep poorly, or not long enough, because of ailments associated with aging, such as arthritis, physical disabilities, respiratory problems and depression. Lack of exercise, heart disease, anxiety, stress and menopause also can disrupt sleep, and many medications seniors take can cause insomnia. Sleep and aging experts agree that one's daytime activities and sleep environment are critical to getting a good night's sleep.

Try the following remedies if you have trouble sleeping:

- Stick to a regular sleep schedule. Try to go to bed and get up at the same time every day.
- Ask your doctor if any of your medications could be disturbing your sleep.
- Stay active. Maintain a moderate level of daily activity and do gentle exercise.
- Spend some time outdoors during daylight hours. Sunlight can help set your biological clock.
- Pay attention to what you eat and drink in the evening. Consuming foods and drinks that contain caffeine, such as coffee, tea or cola can interfere with nighttime sleep.
- Avoid alcoholic beverages in the evening. They can make you fall asleep faster, but they cause early morning awakenings and fitful sleep.
- Don't smoke. Smokers are more likely to have trouble sleeping than nonsmokers.
- Make sure your bedroom is dark, quiet and cool.
- Replace your mattress if it's lumpy, sagging or worn out. A comfortable mattress that offers good support can help you fall asleep and stay asleep.
- Ask a doctor for help if your partner snores or has an illness that disturbs your sleep.

Read the full article [here](#).

If you or someone you know has trouble sleeping, remember that Your Employee Assistance Program is here to help. In addition to free and confidential counseling you have access to professional wellness coaching as well. Your coach can help you tackle bad sleep habits and other wellness goals in your life that may be contributing to a less than stellar night's rest. **Call us at 1-800-873-7138 to get connected right away.** Also, [PersonalAdvantage](#) has a ton of great resources and FREE [webinars](#).

Self-care Steps for Kids and Sleep

Make sure your child gets the rest he or she needs, establish a consistent evening routine. Help your child wind down from the day by allowing at least a half hour of quiet time before bedtime; shut off the television, radio and computer during this time. Don't put a TV in your child's bedroom. Spend quiet time with young children before they fall asleep but establish firm limits about the amount of time -- usually 10 to 30 minutes. Keep the following items in mind:

- Be firm and consistent about bedtime.
- Set aside quiet time before sleep.
- Eliminate or limit caffeine in your child's diet.
- Limit television, radio, computers and video games just before bedtime.
- Avoid large meals close to bedtime. A small snack is fine.
- See that your child gets plenty of exercise.
- Keep the bedroom temperature at or near 65 degrees.

[Read More](#)

Remember, your Employee Assistance Program is here to help you set and attain wellness goals with personal wellness coaching. This includes making better sleep habits among many more wellness topics. **If you need additional information, or to access services, please call MINES and Associates at 1-800-873-7138 today.**

Question of the Month

**Do you make sleep a priority, or is sleep more of an afterthought?
What can you do to better prioritize sleep as an integral part of your wellbeing routine?**

Training Suggestions to Support This Month's Topic

Check out these training suggestions that help support health sleep habits. Use them in a series or by themselves. MINES is always happy to consult on issues of wellbeing and suggest training that would support your goals. Check out our training manual [here](#) to see other training offerings:

1. [Sleep, It Does a Body Good!](#)
2. [Anti-Aging/Secrets to Living a Healthy Longer Life](#)
3. [Mental Health and Wellness – Tips for a healthy Head](#)

If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.

To access past issues of *TotalWellbeing* please visit our [newsletters page](#). This newsletter is aimed at providing

helpful information about various aspects of your wellbeing and then connecting it all back to important and relevant parts of everyday life. If you have any thoughts, questions, or content you would like to see covered here please get in contact with us. You can email us directly by clicking [here](#).

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