



40 Winks on the 40 Acres

HealthPoint

Employee Assistance Program

512-471-3366

sites.utexas.edu/srbc

Hopefully you don't get your 40 winks during your work time on the 40 Acres, but getting the sleep you need is a powerful way to improve your health, mood, and productivity. Check out the sleep health website from the HealthPoint Employee Assistance Program (EAP) and the Healthpoint Wellness Program at: sites.utexas.edu/srbc/sleep



Most adults need 7-9 hours of sleep nightly. Make sleep a priority and aim for at least 6 hours of sleep every night. Learn how many hours of sleep you need to feel rested.



Keep a regular sleep schedule. Anchor your body's internal sleep/wake clock on a regular schedule for optimal sleep and functioning. Go to bed at the same time. Get up at the same time ... even on weekends and especially when you are tired!



Give yourself at least an hour to wind down in the evening. Create a calm and relaxing buffer between your waking life and your sleep with a ritual (ideally, excluding electronics) to transition to rest.



Make your bedroom a quiet, dark, cool, and comfortable place. Check out the National Sleep Foundation's website for tips on making your bedroom appeal to all of your senses: sleepfoundation.org/bedroom



Enjoy your morning, no matter how much sleep you get. Make it enticing to get up with your favorite breakfast or an enjoyable early morning activity.



Know your light sources. Early in the day get daylight and light that is white, blue, or green. In the evening and prior to bed, lights should be dim and the colors of the sunset. Your bedroom should be dark and free of electronic light. If you have a digital clock, have numbers that are red instead of another color.



Alcohol and nicotine can impact the quality and quantity of sleep. Changing your use of alcohol and tobacco may be an effective strategy to improve your sleep. Seek resources, such as the EAP, for support in changing your use of substances.



If you have a medical or physical condition that interferes with sleep, such as a pain disorder, allergies, heartburn, hormonal shifts, or medication side effects, see your doctor to discuss options to improve sleep with your condition.



If worry impacts your sleep, set aside time at least an hour before bedtime to process your feelings - away from your bedroom. Identify realistic steps you can take to address problems and develop tools to calm yourself. Talk to an EAP counselor or try out the EAP's Stress Reduction and Biofeedback Center (SRBC): sites.utexas.edu/srbc/stress-reduction-biofeedback-center/



Mental health issues impact sleep. Use the EAP to decrease stress and get assistance with conditions such as depression, anxiety, and post-traumatic stress disorder.



Stop hitting snooze. Commit to a realistic wake time and get out of bed when you plan to rise.



Shift work and jet lag can be challenging for healthy sleep. Check out resources on HealthPoint's Sleep Website: sites.utexas.edu/srbc/sleep.



Don't eat a heavy or spicy meal prior to bed. If you are hungry prior to bed, try having a light and healthy snack.



Stop using all stimulants, such as caffeine, at least 5 to 8 hours prior to bed.



Preserve your bedroom as a place of peace and rest. Don't use your bedroom as a place for work or hobbies, or to think about your problems.



Exercise daily. If you are having difficulty sleeping, exercise in the morning or during the first half of the day.



Don't clock watch at night. If you need to, move your clock out of sight.



Learn the signs of sleep disorders like narcolepsy and sleep apnea. Talk to your doctor if you think you need to be evaluated.



Everyone has nights where they don't rest well. Be aware of your fatigue level and how it impacts your mood, productivity, and safety. Take extra care to prioritize safety when you are tired.