

# WOMEN, ARE YOU GETTING ENOUGH SLEEP?

Sleep is important to functioning well during the day, and yet only **half of all women** get a good night's sleep just a few times a month.\*

So, what causes this problem, and how can women improve their sleep?

## COULD YOU HAVE A SLEEP DISORDER?

### Do you have any of these common symptoms?



- Trouble falling asleep?
- Difficulty staying asleep?
- Extreme daytime sleepiness?

Start a record of your sleep habits, and when and how much you sleep. Talk with your doctor or sleep specialist.



### Does your partner snore?

Suggest your partner ask a doctor about sleep issues.

## DO YOU HAVE GOOD SLEEP HABITS?



### Keep Consistent Sleep Times

Consistent sleep and wake times help your body expect sleep. Try to stay on the same schedule, even on weekends.



### Avoid Stimulants Before Bed

Avoid drinks containing caffeine and products with nicotine; they have an arousing effect.



### Avoid Stimulating Activities Before Bedtime

Exercise can help you sleep, but do it about three hours before bedtime. Keep computers, phones and TVs out of the bedroom. Just use the bedroom for relaxing, sleeping and sex.



### Create a Sleep-Inducing Environment

A cool, dark and quiet bedroom encourages your mind and body to relax and sleep. Add earplugs, a fan or sound machine to help mask outside noise.



### Manage Anxiousness

Write down what's on your mind to help remove anxiety. Take time to review your weekly schedule and plan ahead for busy times.

## ARE YOU EXPERIENCING BODY CHANGES?



### Hot Flashes

Cool the bedroom with a fan, or try a wet washcloth on the back of your neck.



### Sleeping Less Soundly

As some women get older, it's harder to sleep soundly; try using ear plugs or adding background noise.



### Pregnancy Related Issues

Limit liquids after dinner to prevent nocturnal urination. Avoid foods that cause heartburn. Try extra pillows for support. Use compression stockings for leg swelling. Practice relaxation tips.

[njhealth.org](http://njhealth.org)  
**1.877.CALL NJH**  
**(877.225.5654)**

There are many treatable health issues that can affect your sleep. If these tips do not help improve your sleep, talk with your doctor or sleep specialist.

\* 2008 National Sleep Foundation poll

