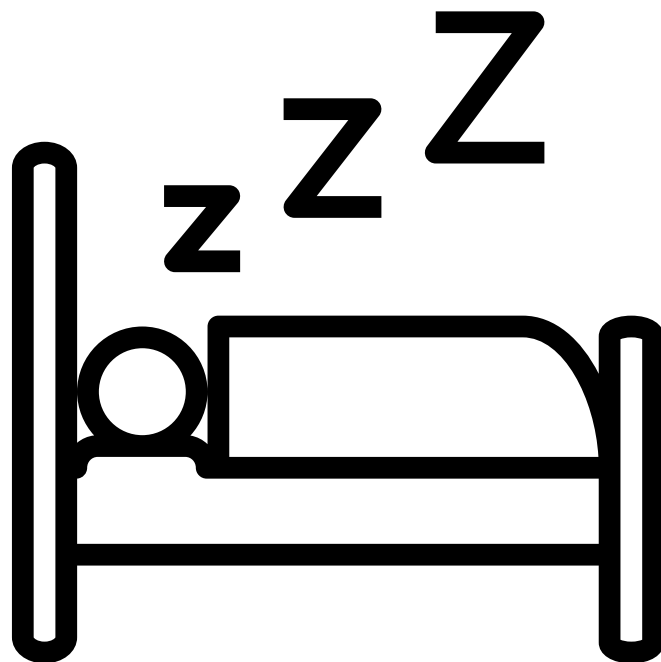
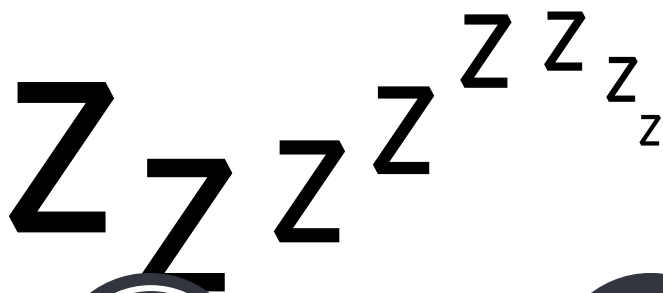


# Do you get enough sleep? No?



## YOU ARE NOT ALONE

- For optimal health, most adults need at least 7 hours of sleep each night.
- Only 1 in 3 US adults gets enough sleep.
- About half of postmenopausal women have some type of sleep disorder.



## SLEEP IS NOT A LUXURY

- Lack of sleep is linked to type 2 diabetes, obesity, cardiovascular disease, and depression.
- It can lead to car accidents and mistakes at work, which can cause injury and disability.



## LOW AND NO COST TIPS TO TRY

- Go to bed and get up at the same time each day including weekends.
- Keep your bedroom quiet, dark, and a comfortable temp.
- Remove electronic devices from your bedroom and avoid using them for 30 minutes before bedtime.
- Avoid large meals, caffeine, and alcohol before bed.
- Be physically active during the day to help you fall asleep at night.
- Try a relaxation technique like stretching or meditation.



## ABOUT SUPPLEMENTS AND MEDICINES

- Melatonin, magnesium, and various over-the-counter medications are available to help with sleep. But, these do not work for everyone and should be discussed with your healthcare provider.

References: <https://www.cdc.gov/sleep> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9996569/>

# TWO WEEK SLEEP DIARY

**INSTRUCTIONS:**

**(1)** Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation. **(2)** Put the letter “C” in the box when you have coffee, cola or tea. Put “M” when you take any medicine. Put “A” when you drink alcohol. Put “E” when you exercise. **(3)** Put a “B” in the box to show when you go to bed. Put a “Z” in the box that shows when you think you fell asleep. **(4)** Put a “Z” in all the boxes that show when you are asleep at night or when you take a nap during the day. **(5)** Leave boxes empty to show when you wake up at night and when you are awake during the day.

*SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn't get back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7 AM.*

Date	Day of the week	Type of Day (Work, School, Day Off, Vacation)	Noon	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	Midnight	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM
sample	Mon.	Work		E					A	Z			B		Z	Z	Z	Z		Z	Z	C M				



week 1  
week 2