

Stress Relief and Sleeping Habits - 10 Tips for Better Sleep

Sleeping is necessary for physical and psychological recuperation.
The better the sleep, the better the body functions throughout the day.

1. **Temperature.** Take into consideration the temperature of the room. Sleeping in a room too hot or too cold causes the body to have to accommodate the temperature.
2. **Location.** Are you sleeping too close to a wall where you feel you're in a tight space, or too isolated where you feel lonely? Use the bedroom only for sleep.
3. **Bedding.** Is your mattress too hard or soft? Are your sheets and comforters comfortable?
4. **Time.** An average adult needs 6.5 to 7.5 hours of sleep in order for the body to fully recover.
5. **Lighting.** We need darkness in order to rest completely because we need to reinforce the mind and body's circadian rhythm of sleep at night and activity in day.
6. **Avoid Caffeine.** Caffeine has a half-life of six hours. Caffeine will interfere with your body's need to rest.
7. **Avoid Nicotine.** Nicotine causes an increase in heart rate and will lead to poor sleep
8. **Avoid Alcohol.** Alcohol disrupts the duration, quality, and sequence of sleep.
9. **Eat 2-3 hours before sleep.** Digestion forces the system to work; therefore, the body is not at rest during digestion.
10. **Maintain a regular sleeping schedule.** This helps the body maintain a rhythm.

Informational Help Sites for Stress Management

1. [University of Georgia, Health Center](http://www.uhs.uga.edu/stress/) (www.uhs.uga.edu/stress/)
2. [AIS-American Institute of Stress](http://www.stress.org) (www.stress.org)
3. [MedicineNet.com](http://www.medicinenet.com/stress/index.htm) (www.medicinenet.com/stress/index.htm)

References

1. [Good Sleep Habits](http://www.brightenyourlife.info/ch8.html) (www.brightenyourlife.info/ch8.html)
2. [Best Sleep Conditions](http://www.relaxintuit.com/tips/135/) (www.relaxintuit.com/tips/135/)
3. [Stress and Nutrition](http://www.uhs.uga.edu/stress) (www.uhs.uga.edu/stress)
4. [Alcohol Alert](http://pubs.niaaa.nih.gov/publications/aa41.htm) (pubs.niaaa.nih.gov/publications/aa41.htm)
5. [Tips for Better Sleep](http://www.bettersleep.org/OnBetterSleep/NSF_BSC_tips.asp) (www.bettersleep.org/OnBetterSleep/NSF_BSC_tips.asp)