

Are You Getting Enough Sleep?

Causes of Insomnia:

- *getting older*
- *being female*
- *obesity*
- *severe stress and depression*
- *worry and anxiety*
- *extreme temperatures*
- *change in life circumstances*
- *side effects from medications*

- www.sleepfoundation.org

- www.womenshealth.gov

- www.mayoclinic.com

Occasionally difficulty falling asleep is common, and not considered a serious problem. Chronic, severe lack of sleep can cause medical, behavioral, social and family problems. Insomnia, a lack of quality, restful sleep may be caused by depression, anxiety or a physical illness. Treatment of underlying problems often produces remarkable improvements in sleep.

Good Sleep Habits:

- limit caffeine, smoking and alcohol
- avoid lengthy naps
- establish a routine at night, and get up at the same time in the morning
- turn the clock face so it can't be seen in the middle of the night
- keep your room dark, quiet and comfortably cool
- take a relaxing bath before bedtime
- exercise regularly, but not right before bedtime
- meditate or pray regularly
- if you can't get back to sleep, get up and read or watch TV, until you are drowsy

If you still have trouble sleeping, consult a healthcare professional. Sleep disorders such as apnea, chronic insomnia or narcolepsy respond to medical and behavioral interventions.

Medications for sleep may be habit forming and may become less effective over time. Use with extreme caution. Never use with alcohol or other drugs unless prescribed.

Contact Workplace Solutions today for free, confidential assistance.
Professional counselors are available 24/7 by calling 800-327-5071.

A variety of educational and supportive resources are available online at www.wseap.com.