Insomnia...the need to sleep

What to know...what to do?

- Adult persons should get 7-9 hours of sleep each night.
- 30% of Americans regularly get less than 6 hours of sleep each night.
- Keep bedtime and wake time on a constant schedule.
- Keep your bedroom cool, dark, and quiet! You are invited to sleep at the Welty Center if your residence is too noisy!
- Exercise daily; avoid vigorous exercise for about 3 hours before bedtime, gentle stretching is OK!
- Avoid eating a large meal in the late evening, no later than 2 hours from bedtime.
- Limit you daily caffeine and alcohol intake, especially late in the day.
- Build in 15 minutes of “quiet time” at the end of the day to wind down. Make sure your mattress is comfy!!

Visit the Welty Health Center if...

- You have difficulty sleeping for more than 3 nights in a row.
- If over the counter sleep aids do not help with sleep, then see HC physician.
- Seek out counseling in the Counseling Center if “over stressed”.

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