



RIBAR ASSOCIATION

## Are Your Habits Hurting Your Sleep?

*Sleep experts say most adults need between seven and nine hours of sleep each night for performance, health and safety. Below are some common habits that you may not be aware of that could be disrupting your sleep.*



### Caffeine too late in the day

Six hours after caffeine is consumed, half of it is still in the body. It can take up to ten hours to completely clear caffeine from the bloodstream, so avoid a late afternoon or evening cup of coffee (or opt for decaf instead).



### Drinking alcohol

Having a cocktail before bed may make you feel drowsy, but the quality of sleep after alcohol



### Using electronics in the bedroom

Light or noise from your TV, laptop, tablet, or phone may keep you awake. The bright lights that screens emit can block the production of melatonin, which helps you fall and stay asleep.



### Skipping exercise

People who exercise tend to fall asleep faster, sleep longer and have higher quality of sleep than people who do not exercise.



### Napping at the wrong time of day

Keep your bedtime snack small. Eating a big meal before getting into bed could leave you restless as your body works to digest it.



### Sleeping in

Having a regular sleep schedule, even on weekends, could increase the quality of your sleep. It may be tempting to catch up by sleeping in, but doing so can throw off your body's internal clock.



### Eating before bed

Keep your bedtime snack small. Eating a big meal before getting into bed could leave you restless as your body works to digest it.