

TITAN TOILET TALK

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GOT SLEEP?

We all have trouble sleeping from time to time. Trying to balance school work, a job, sports, friends and family can make anyone lose sleep!! So how do we go about getting a good night's rest every night? Follow these 10 simple steps.

#1 CUT CAFFEINE:

Caffeine can keep you awake. It can stay in your body longer than you might think – up to about 14 hours. Cutting out caffeine at least 4 to 6 hours before bedtime can help you fall asleep easier. If you have had too much caffeine, eat some carbohydrates like bread or crackers to help reduce the effects.

#2 DON'T USE ALCOHOL AS A SLEEP AID:

Alcohol causes disturbances in sleep resulting in less restful sleep.

#3 RELAX BEFORE BEDTIME:

Stress can cause mayhem on your sleep! Try to develop some type of pre-sleep ritual to break the connection between the stress you've acquired throughout the day and bedtime. Some people find relief in making a list of all the day's stressful events, along with a plan to deal with them – this can act as "closure" to the day. Try reading, meditating, light stretching or take a hot shower or bath. Don't look at the clock! That "tick-tock" will just tick you off!!

#4 EXERCISE AT THE RIGHT TIME FOR YOU:

Getting regular exercise will help you sleep better. The timing and intensity of exercise seems to play a key role in its effects on sleep. If you're the type of person that gets energized from exercise, it may be best not to exercise in the late evening.

#5 KEEP YOUR BEDROOM QUIET, DARK AND COMFORTABLE:

Use earplugs, window blinds or curtains, and an electric blanket or air conditioner – everything possible to create an ideal sleep environment. Ideal room temperatures for sleeping are between 68 and 72 degrees.

#6 EAT RIGHT, SLEEP TIGHT:

Try not going to bed hungry. On the other hand, don't eat a heavy meal before bedtime either. Some foods can help you get a good night's rest such as milk (contains tryptophan which is a sleep-promoting substance), tuna, almonds, eggs, peaches, walnuts, apricots, oats, potatoes, avocados and bananas. Try not to drink anything after 8 p.m. This can keep you from getting up to use the bathroom in the middle of the night.

#7 CUT OUT THE NICOTINE:

Having a smoke before bedtime is a bad idea. Although it feels relaxing, it actually puts a stimulant into your bloodstream. The effects of nicotine are similar to caffeine.

#8 AVOID NAPPING:

Napping can only make matters worse if you usually have problems falling asleep at night. If you do nap, keep it short. 15-20 minutes at most.

#9 KEEP PETS OFF THE BED:

Does Fido or Fluffy sleep with you? The pets are better left on the floor than in bed with you. Pets sleeping with you may cause you to awaken during the night due to allergies or movement.

#10 AVOID WATCHING TV, EATING, AND DISCUSSING EMOTIONAL ISSUES IN BED:

The bed should be for sleeping and sex only. If not, you can end up making the bed distracting by associating it with activities that can make it hard to get a good night's sleep.