

Improve Your Sleep

Do you often feel tired, even when you get a good night's sleep?

Signs that your sleep quality could use some improvement

- It takes you more than 30 minutes to fall asleep
- You wake up more than once each night
- You are awake for at least 20 minutes when you wake up at night
- You feel tired and have a difficult time concentrating during the day
- Your skin is breaking out and your eyes are puffy, red, or developing dark circles
- You are gaining weight and feel more hungry than usual
- You are feeling more stressed and emotionally exhausted

If you can answer yes to any of the statements above, chances are you could improve your sleep quality. But first, what exactly is sleep quality??? Well sleep quality has to do with how well you sleep no matter how much sleep you are actually getting. Quantity is important; however, and it is recommended that you get 7-9 hours of sleep each night.

So how do I know if I have good sleep quality?

- Do you fall asleep within 30 minutes or less after you lay down?
- Do you sleep straight through the night?
- Do you fall back asleep within 20 minutes if you do wake up?
- Do you feel rested, restored, and energized upon waking up in the morning?

If you cannot answer yes to the above questions, you are not alone. The good news is there are things you can do to help!!

1. Improve your sleep hygiene!
 - a. Stop using your phone or watching TV at least 30 minutes before bed.
 - b. Try to go to bed and wake up around the same time each day!
 - c. Complete relaxing activities before going to bed.
 - i. Warm bath
 - ii. Meditation
 - iii. Journaling
 - d. Limit caffeine and alcohol in the evenings.
 - e. Avoid large meals before bedtime.
 - f. Get some exercise.
 - i. Being physically active during the day can help you fall asleep easier at night.
 - g. Make a sleep diary and document when you go to bed, go to sleep, wake up, get out of bed, take naps, exercise, drink alcohol and caffeine.

- i. This can help you determine areas where changes can be made!
 - ii. Print off a free sleep diary [here!](#)
2. Over the Counter Sleep Aids
 - a. Melatonin 3-10 mg
 - i. Melatonin is a hormone our bodies produce naturally that signals our brain when it is time to sleep.
 - ii. The supplement tends to decrease the time it takes to fall asleep.

Make sure you are checking the ingredients in your products as some products can contain multiple drugs. If you ever have any questions about ways to help with your sleep a pharmacist at Bremo is always willing to help! Call us at 804-288-8361!

References:

<https://www.sleepfoundation.org/sleep-hygiene/how-to-determine-poor-quality-sleep>
<https://thesleepdoctor.com/cannabis-and-sleep/cbd-and-sleep/>