

RESET YOUR HEALTH GOALS – SLEEP SOLUTIONS

Solutions for Sleep – A Personal Action Plan

Many people have trouble sleeping now and then because of stress, worry or a change in their regular routine or social life. The good news is that you can take control of those situations by making and completing a personal action plan to help you sleep.

Making and completing a personal action plan can help you take control of the areas of your life that affect your sleep habits. These include the environment in which you sleep and your eating, exercising, and relaxation routines. Personal action plans are short-term plans to help you reach your goal of getting sound, restful sleep. They include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer these questions:

- What are you going to do?
- How much are you going to do?
- When are you going to do it?
- How many days of the week are you going to do it?



YOUR GOAL: A GOOD NIGHT'S SLEEP

Here are some examples of changes you can make to help you sleep.

Environment

- Make your bed and sleeping conditions as comfortable as possible.
- Limit as many distractions as possible. These include interruptions by children and pets.
- Don't work, eat, read, write, watch TV, talk on the phone, or play computer games in bed.
- Keep your bedroom quiet, dark, and a little bit cool. Using a sleep mask can also help.

Eating

- Try not to eat heavy meals close to bedtime. This may cause stomach upset or heartburn, which can interfere with falling asleep.
- Drinking too much before going to bed may cause you to have to get up often to urinate. However, don't go to bed when you are very thirsty.
- Limit caffeine and tobacco products, especially close to bedtime. They may help you fall asleep but they are stimulants and will keep you awake later in the night.

Exercising

- Get into a regular exercise routine. Walking, biking, and dancing are all great activities. Do them at least five hours before bedtime.

Relaxation

- Take a warm bath, read a book, or do a relaxing activity before going to bed. Try yoga, meditation, or a muscle relaxation exercise.
- Set aside time for problem solving early in the day so you don't go to bed worrying about your "to do" list.

WHEN TO ASK FOR HELP

If sleep problems are happening regularly and last for weeks or even months, follow up with your doctor. These types of sleep problems may cause physical health issues.

For additional guidance on improving your sleep, explore these additional resources:

- [Cigna members](#)
- [Kaiser Permanente members](#)
- [The Centers for Disease Control and Prevention](#)

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