The Importance of Sleep

TIPS: IMPORTANT STRATEGIES

- Make sure your environment supports a good night’s rest:
  - Move your cell phone away from your bed.
  - Darken and quiet the room for sleep.
- Practice healthy habits during the day for better quality sleep at night.
  - Limit alcohol late in the day.
  - Exercise and spend time outside at least 2 hours before going to bed.
  - Avoid caffeine after noon.
  - Quit smoking.

TAKEAWAYS: THINGS TO REMEMBER

- Lack of sleep is linked to migraines, high blood pressure, and depression. It causes immune system dysfunction and increases the risk for infection and illness.
- Maintaining a consistent sleep schedule, finding time before bed to “wind down”, and avoiding long naps during the day can help you feel more rested and contribute to your overall well-being.

RELATED PSYCHARMOR COURSES:

- What is Respite Care?
- Stepping into Stillness: Maintaining Your Center of Gravity When Caring for a Veteran Loved One

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Military & Veteran Caregiver Resources

- Center for Deployment Psychology
- Elizabeth Dole Foundation Hidden Heroes Respite Program
- AARP Military Caregiving Guide
- National Sleep Foundation
- American Academy of Sleep Medicine

PsychArmor Support Line: 1-844-779-2427

CONVERSATIONS WITH CAREGIVERS

Millions of Americans have sleep problems and numbers are higher among caregivers; however, by changing a few sleep hygiene and daily habits, you can get a restful night’s sleep.