

How can I get better sleep?



**Tips and tools to
improve your sleep**

Tired of feeling sleepy or sleepless nights?

You are not alone

One in three adults have trouble sleeping



How do you sleep?

Do you wake up a lot at night? Is daytime sleepiness effecting how you feel or function? Could your daily or nightly habits be contributing to the problem? Is there something more serious going on?

The first step in addressing a sleep problem is to find out what is causing it. Start by keeping a diary of your sleep habits for ten days and see if you can uncover any patterns. Include the following in your sleep diary:

When you—

- Get in bed.
- Go to sleep.
- Wake up.
- Get out of bed.
- Take naps.
- Exercise.
- Drink alcohol.
- Drink caffeinated beverages.
- If you are taking any medications (over-the-counter or prescription).



Click here for a printable sleep diary.
Go to www.cje.net/sleepdiary.



Sleep is vital to physical health, brain function and well-being. Yet so many people struggle with getting good sleep or making sleep a priority. You don't need to feel sleepy during the day or struggle with sleepless nights. Some sleep problems can be easily solved by following these tips:

- **Get exposure to light early in the day**
- **Exercise regularly**
- **Nap early in the day—or not at all**
- **Limit fluid intake before bedtime**
- **Turn off electronic devices 1-2 hours before bedtime**
- **Avoid caffeine, alcohol, and nicotine within 3-6 hours before bed**
- **Try relaxation exercises (breathing, meditation, guided imagery, journaling)**
- **Get out of bed if you cannot fall asleep after 20 minutes and do something relaxing before trying again**

Some sleep problems cannot be fixed by these changes. If that is the case for you, reach out to a medical provider to discuss your sleep concerns and share your sleep diary. Avoid the temptation to buy over the counter sleep aids which are habit forming and will not address the problem. A medical provider can assess your sleep habits and if necessary, refer you to a sleep specialist.

For more information check out:

- **National Sleep Foundation: sleepfoundation.org**
- **Centers for Disease Control: cdc.gov/sleep/index.html**

How can CJE SeniorLife help?

We can refer you to the following CJE Senior Life supportive resources:

Community Engagement—We offer educational programs on common sleep problems and provide tips, tools and supportive resources to improve sleep. Our community engagement team offers a wide variety of program topics that target all aspects of well-being (mind, body, spirit) that can be tailored to your unique group.

Counseling Services—Sleep disruption can often occur during an episode of depression or anxiety. Our highly skilled Licensed Clinical Social Workers are specialists in treating these common disorders and can offer guidance on improving sleep habits as part of this treatment. We offer individual, family and group psychotherapy, as well as support groups.

Your Eldercare Consultants—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

1181s.5.2020