Hi everybody and welcome to another Healthy Huddle Express. My name is Crystal Faria I am the EAP coordinator in the Utica office. May in national Mental Health Awareness month so let’s talk about sleeping. Sleeping YES!

Sleeping has a huge impact on your mental health wellbeing. Studies show that a lack of sleep increases depression anxiety, stress

So one of the ways you can help combat that is to create a bed time routine. Bed time routines have worked for years to help kids and babies sleep well so why not adults? Here are three tips to help you create a bed time routine.

First of all, you want to keep it simple, if it’s over complicated you’re not want to goanna do it. So about 45 minutes to a half an hour before bedtime brush your teeth, wash your face put some lavender oil on your temples and then the last ten to fifteen minutes read a book, meditate or do some adult coloring in an adult coloring book.

Tip number two- be consistent and I am not just talking about starting at the same time every day or should I say night. Am talking about doing it consistently for three to four weeks. You are basically reprogramming your body and brain too sleep differently. You are building should I say a sleep muscle and building muscles don’t happen overnight, no pun intended. Pun totally intended (soft chuckle).

Alright tip number three - you are going to hate me for it and that is to turn off all your electronics. I know, I know stop yelling but seriously the light emitted from iphones, ipads and just devices in general really have an impact on our sleep patterns so shutting them off a half hour to 45 minutes before bed can help you whine down and get some shut eye.

For more tips on how to sleep or how to help you sleep go to sleephealth.org for more information.

 I am Crystal Faria and this has been another Healthy huddle express thanks for joining me