

SLEEP SMARTER. PERFORM BETTER.



HEALTHY SLEEP FOR THE HOLIDAYZZZ

Stay well, stress less, and brighten spirits over the holiday season with these science-backed sleep tips.

QUALITY SLEEP CAN¹:



LIFT YOUR
MOOD



REDUCE
STRESS



BOOST
IMMUNITY

See next page for tips on how to stay well rested this holiday season.

HOW MUCH SLEEP DO YOU NEED? ²

★
AGE 6-12
At least 9 hrs

★
TEENS
8-10 hrs

★
ADULTS
At least 8 hrs

HEALTHY HOLIDAY SLEEP TIPS

The holidays can be a busy and exciting time, filled with schedule changes, travel, and special events. Make the most of the season by staying well-rested.

-  Try to **keep a consistent sleep schedule**² by having your family go to bed and get up at the same times every day, even on holiday breaks.
-  If you are planning to **travel to a time zone that is East of yours**, have your family go to bed AND wake up a little **earlier** than usual,³ as this will help your internal sleep clocks adjust to different bed/wake times while on vacation. If you are **traveling West**, go to sleep and wake up a little **later** than usual.
-  **Avoid caffeine after lunchtime and large meals right before bed**,² as consuming those can disrupt sleep (fun fact: turkey doesn't make you any sleepier than other holiday foods!⁴).
-  If you want to nap over the holiday break, **aim for a 20-minute nap**,³ which experts say is the best time length to wake up feeling refreshed and ready to go.
-  **Turn down the temperature, even though it may be cold outside.**⁵ We sleep better when the room is between 60 and 67 degrees Fahrenheit (65-70 degrees for babies and toddlers).
-  Make sure to stay **active** over the holidays, as physical activity during the day can facilitate better sleep at night.² Cold weather activities, like skiing and skating, and even walking around the mall to gift shop, are good exercise!

HOLIDAYZZZ WISHLIST

Need small gift ideas for your family and friends? Here are some suggestions that can promote sleep:



REFERENCES

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3. National Sleep Foundation. (2019). Working new hours? How to reset your sleep routine. Retrieved from <https://www.sleepfoundation.org/articles/working-new-hours-how-reset-your-sleep-routine>
4. Oklahoma Medical Research Foundation. (2018). Mythbusters: Turkey doesn't really make you sleepy. Retrieved from <https://omrf.org/2018/11/19/mythbusters-turkey-doesnt-really-make-you-sleepy/>
5. National Sleep Foundation. (2019). The ideal temperature for sleep. Retrieved from <https://www.sleep.org/articles/temperature-for-sleep/>