

Snooze



Get the sleep you've been dreaming of during the SmartHealth **Seize the Zzzz** challenge.

How it works

During Seize the Zzzz, the goal is to get a good night's sleep each night. Indicate whether you were able to meet the goal (yes or no) on at least 21 days of the 28-day challenge to earn 150 points. The challenge starts February 19 and ends March 18.

You can document your progress each day or go back to report it before the end of the challenge. Track your results at smarthealth.hca.wa.gov or on the Wellness At Your Side app.

You must register by February 26 to participate.

Sleep your way to well-being

Better health may simply mean spending more time in bed. By getting seven to eight hours of quality sleep, you can help manage stress, maintain a healthy weight, and prevent many health conditions.

Snooze more soundly

Sleep doesn't come easily to all of us. If you're having a hard time sleeping, follow these tips to help you fall asleep sooner.

- **Create a cozy space**

Hang shades to keep light out, diffuse calming essential oils, and use a fan to stay cool and drown out background noise.

- **Stay away from screens**

Avoid looking at bright screens two to three hours before going to bed as they can make it difficult to fall asleep.

- **Enjoy an early dinner**

Try to avoid eating a big meal two to three hours before bedtime.

- **Find time for activity**

Being active can help you fall asleep faster and sleep more soundly. Try to complete exercise at least three hours before bed.

Natural sleep aids

Get help drifting off to sleep from natural plants, herbs, and supplements you can easily find in most grocery stores or pharmacies.

- **Lavender** – Diffusing lavender essential oils can help slow your heart rate and lower your blood pressure, setting you up for a deep sleep.

- **Chamomile** – Drink chamomile tea, which is filled with antioxidants that can help your brain rest and get ready for bed.

- **Kiwi** – A great late-night snack, this tasty fruit is high in antioxidants, folate and serotonin—which may all help you get a good night of sleep.

- **Melatonin** – Drink tart cherry juice or buy capsules to get a dose of this natural hormone that tells your body it's time for sleep when taken occasionally. Speak with your health care provider to learn the right amount for you.

Register by February 26 at smarthealth.hca.wa.gov or use the Wellness At Your Side app.

Note: Employees are encouraged to participate in this challenge during work breaks or outside of work hours.

SOURCES

WebMD: "Surprising Reasons to Get More Sleep", Sleep Foundation: "How to Design the Ideal Bedroom for Sleep"

Harvard Health Publishing: "Blue light has a dark side", Harvard Health Publishing: "8 secrets to a good night's sleep"

Harvard Healthy Sleep: "Twelve Simple Tips to Improve Your Sleep", WebMD: "Natural Sleep Aids & Supplements",

Harvard Health Publishing: "Could what we eat improve our sleep?"



Doctor Verified Melinda Ratini, DO MS | February 2021