

WOMEN, ARE YOU GETTING ENOUGH SLEEP?

Sleep is important to health and well-being, and yet only
half of all women get a good night's sleep.

So, what causes this problem, and how can women improve their sleep?

COULD YOU HAVE A SLEEP DISORDER?

Do you have any of these common symptoms?



- Trouble falling asleep?
- Difficulty staying asleep?
- Restless sleep?
- Extreme daytime sleepiness?

It may help to keep a record of your sleep habits, and when and how much you sleep. Talk with your doctor or sleep specialist.



Do you or your partner snore?

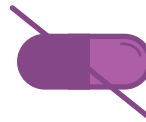
Ask a doctor about possible sleep issues.

DO YOU HAVE GOOD SLEEP HABITS?



Keep Consistent Sleep Times

Consistent sleep and wake times help your body expect sleep. Try to stay on the same schedule, even on the weekends.



Avoid Stimulants Before Bed

Avoid caffeinated drinks and nicotine products in the afternoon as they can interfere with good sleep.



Avoid Stimulating Activities Before Bedtime

Avoid stimulating activities before bedtime like exercise, computers, phones and TVs.



Create a Sleep-Inducing Environment

A cool, dark and quiet bedroom encourages your mind and body to relax and sleep. Add earplugs, a fan or sound machine to help mask outside noise.



Manage Anxiousness

Write down what's on your mind to help remove anxiety. Take time to review your weekly schedule and plan ahead for busy times.

ARE YOU EXPERIENCING BODY CHANGES?



Pregnancy Related Issues

Limit liquids to prevent waking up at night to use the restroom, avoid foods that cause heartburn, try extra pillows for comfort, use compression socks for leg swelling and practice relaxation tips. Restless legs symptoms are also more common during pregnancy.



Hot Flashes

Cooling the bedroom may help. Also, consider talking to your primary care provider about possible treatments for hot flashes.



Sleeping Less Soundly

Weight gain and inactivity can contribute to sleep disorders, such as sleep apnea.

[njhealth.org](https://www.njhealth.org)
1.877.CALL NJH
(877.225.5654)

There are many treatable health issues that can affect your sleep. If these tips do not help improve your sleep, talk with your doctor or sleep specialist.

