February

Get more sleep.

In 2020, participate in THE THREE every day by doing the following:

1) Practice the WellNYS Daily To-Do. If you’d like an extra challenge, try the “Go Beyond the Challenge” starting January 20th.

2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov.

3) Ask your wellness partner, did you do the WellNYS Daily To-Do?
Meditation can calm a restless mind.

To learn more about sleep, choose a cup of herbal tea tonight.

Do you look at a computer or phone before going to bed? These screens contain blue lights that can trick your brain into thinking it’s daytime. Consider a new habit such as taking a bath or reading a paper book before bedtime.

To get more sleep, decide to go to bed earlier. Try just 15 minutes.

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To learn more about sleep, go to sleep.org.

Is your bed comfortable? It’s where we spend one third of our life. Evaluate the last time you purchased a mattress. Is it time to get a new one, or are you comfortable with the mattress you currently use?

Use this technique to fall asleep faster. Or to go back to sleep when you wake up in the middle of the night. Relax all the muscles in your face. Relax your legs. Clear your mind by listening to your breathing.

Sleep apnea is a sleep disorder that causes interrupted breathing. Do you snore? Do you yawn excessively throughout the day? Do you suffer from extreme fatigue and sleepiness during the day? For more information go to sleepapnea.org.

Take a warm bath or shower before you go to bed. The warm water does wonders to relax you.

Meditation can calm a restless mind. Listen to a meditation script using an app before going to sleep tonight. Then, try some of the techniques suggested in the app.

Tomorrow, it won’t matter what happened during a TV show you watched the night before, but it will matter if you lose sleep because you stayed up watching TV. Turn off the TV and go to bed.

Do you watch the news before going to bed? The information found in news shows, crime shows, and some talk shows can cause you stress before you go to bed. Watch the news earlier in the day.

Exercising gives you energy during the day, and it may very well help you sleep better at night. Don’t exercise immediately before going to bed; the endorphins created may keep you awake.

Have you heard about melatonin when it comes to sleep? Read more about it and ask your physician if this supplement would be good to try to help you fall asleep faster.

Caffeine can wake you up in the morning, but it also can keep you up at night. If you have trouble sleeping, avoid caffeine after 2:00 p.m.

Ask your wellness partner, your spouse, or a friend about their sleep habits. We can learn so much from each other.

The scent of lavender has been known to help people to go to sleep. There are many ways to use lavender. Put a couple of drops of lavender oil into a diffuser or put on lavender lotion.

Turning a fan on in your bedroom may help you fall asleep. It creates white noise, and it can also will help to keep you cool. According to sleep.org, 67 degrees is the best temperature for sleeping.

To help you get to sleep, lay in bed in a comfortable position and make a conscious effort to count your breaths. Listen to yourself inhaling, then feel yourself exhaling. Try 10 slow, deep breaths.

Do you have insomnia? Insomnia is the inability to fall asleep or stay asleep. Contact your physician if this happens frequently.