

# The Pharmily

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Issue #7

## Welcome Back

This is the third and final part of our journey to better sleep! With World Sleep Day coming up on March 15, it's never been a better time to put all this information into action. We've looked at the science and benefits of sleep, the importance of managing stress in our waking hours, and now we dive into sleep hygiene and how best to set yourself up for a good night's rest. You can even start tonight!

### OPTIMIZE YOUR SLEEP ENVIRONMENT



#### ✓ DO'S

- Maintain a Consistent Sleep Schedule:** Try to go to bed and wake up at the same time every day, even on weekends.
- Create a Relaxing Bedtime Routine:** Establish calming activities before bed, such as reading, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation.
- Create a Comfortable Sleep Environment:** Make sure your bedroom is dark, quiet, and cool, and invest in a comfortable mattress and pillows.



#### ✗ DON'TS

- Don't Use Your Bed for Non-Sleep Activities:** Avoid working, watching TV, or using electronic devices in bed, as this can weaken the association between your bed and sleep.
- Don't Consume Alcohol Before Bed:** Despite initially making you sleepy, it can disrupt your sleep cycle and lead to poor-quality sleep.
- Don't Overlook Sleep Disorders:** If you consistently have trouble sleeping despite good sleep hygiene, consider seeking professional help. Sleep disorders such as insomnia, sleep apnea, and restless legs syndrome may require medical intervention.

### THE SPOTLIGHT'S ON:



#### THE FOUR PILLARS OF SLEEP HYGIENE

- 1 REGULARITY**  
Stick to a Sleep Schedule
- 2 CONTINUITY**  
You Must Avoid Sleep Disruptors
- 3 QUALITY**  
Create the Right Sleep Environment
- 4 QUANTITY**  
You Must Get Enough Sleep

MELATONIN 10mg ADVANCED

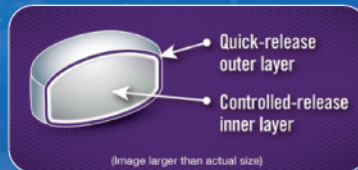
Good Nights  
Guaranteed



When it comes to sleep, everyone has their own schedule. What works for one person may not work for another. But finding the right melatonin amount can help you make sure you get quality sleep - and not waste precious time exercising your math skills counting sheep:

WHEN TO INCREASE YOUR MELATONIN INTAKE

- ▶ You've tried lower doses and are still having trouble falling asleep within 20-30 minutes.
- ▶ You're having trouble staying asleep or getting back to sleep after briefly waking up.



YOU CAN'T 'CATCH UP' ON SLEEP

Think you can sleep 10 hours one night to catch up for a few nights of less than the recommended 7-9 hours of sleep? Think again. A Harvard study showed that sleeping extra to compensate for sleep times decreased reaction times and the ability to focus.

That means - practice good sleep hygiene as best you can to show up as your best self every day.

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