



UCI HR | Wellness HEALTHY HOLIDAY CHALLENGE

REST TO BE YOUR BEST

Researchers have shown that people who get between seven and eight hours of sleep a night tend to have the best health outcomes. With today's busy lifestyles, a lot of people struggle with sleep deprivation, fatigue, and insomnia. Inadequate sleep can cause impaired memory and thought processes, depression, increased perception of pain, and decreased immune response. Proper sleep helps you stay physically active, emotionally stable, and mentally sharp.

Practicing good sleep hygiene will help maintain healthy sleep patterns, here are some tips on how to improve your sleep:

- **Maintain a regular schedule.** Try to avoid varying your sleeping and waking times. If you get up early on week-days for work, try to get up early on the weekends as well, not more than an hour after your usual weekday wake up time. Don't confuse your biological clock.
- **Relax.** Make your bedroom a more restful place by using it exclusively for sleep and quiet activities like reading. Our brains take time to wind down, so don't do anything too mentally or physically challenging in the last hour before bed.
- **Unplug.** Park your phone, tablet, or laptop at a docking station outside the bedroom. After all, you need to recharge, too. Avoid bright lights for at least an hour prior to bedtime as they can disrupt the production of melatonin needed for sleep.
- **Manage your Stress.** Before bed, try a stress relief technique such as deep breathing to change your brain's fight or flight response to a relaxation response. Inhale for a count of four, hold your breath for a count of seven, and exhale for a count of eight.



THIS WEEK'S TIPS

- [Flyer \(PDF\): Get Better Sleep](#)
- [Flyer \(PDF\): Learning How to Relax](#)
- [Article: Are You Getting Enough Sleep?](#)



THIS WEEK'S WEBINAR

- [Healthy Holidays: Dec. 11, 12:00 pm \(live\)](#)



THIS WEEK'S RECIPE

- [Eggplant Parmesan Sandwiches](#)



ADDITIONAL RESOURCES

- [Try a Wellness Adds Up stress management video](#)
- [Contact EAP to help address personal or work related issues](#)
- [Join the Stress Free UCI Study](#)
- [Learn more about UCI Faculty and Staff Mental Health Care](#)
- [Explore your UC Behavioral Health Benefits](#)
- [Take the Sleep Apnea Quiz](#)
- [Contact UCI Health Sleep Medicine Services to help get the sleep you need](#)



UPDATE
YOUR
TRACKER



UCI Wellness Listserv. Questions or Comments?

Contact your local Wellness Program Coordinator:

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