

**From:** [Meeks, Sara R.](#)  
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**Subject:** Calm Down for the Holidays Challenge Week 4 Message 1  
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Week 4 | Message 1 | December 13, 2018

OHIO STATE UNIVERSITY EXTENSION



**Live Healthy Live Well**

Hello Challenge Friends,

Hopefully you have been able to use some of the wellness ideas covered in the challenge so far, if not, there's still time. This message talks about one of my favorite things - sleep! It can be difficult to get enough sleep for many reasons, but the holidays may add extra elements that keep us up. The tips below provide some ways to stay relaxed during the holiday season.

*Sara*

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## Calm Down to Sleep

Didn't get enough sleep? Groggy, grouchy, having a hard time concentrating? All the tasks, parties, and bustle of the holidays make it difficult to get the sleep we need.

Try these to assist in achieving a good night's sleep:

- Keep a [regular sleep-wake schedule](#). It helps to keep the same time for going to bed and getting up in the morning. Sleep in a dark, cool (around 65° F) and quiet room.
- Turn off electronics (phone, computer, tablet, television, etc.) at least one hour before bedtime.
- Exercise during the day to help you sleep better at night.
- Limit caffeine and nicotine. Caffeine can interfere with sleep up to 10-12 hours after drinking it.
- [Avoid alcohol before bedtime](#), as it interferes with your sleep cycle.
- Limit napping to [15-20 minutes](#) in the early afternoon.
- Spend some time outside every day.
- Keep your children on a regular sleep schedule. They will sleep better, and so will you.

Use one or more of these to aid in falling asleep:

- Read using a soft light or listen to a book on tape.
- Try a warm bath or shower.
- Listen to soft music.
- Meditate and/or pray.
- Work on a favorite hobby.
- Write in a thankful journal.
- Dim the lights an hour or more before going to bed.
- Try [relaxation techniques](#) such as deep breathing, progressive muscle relaxation, or mental imagery.

Enjoy sweet dreams! Peaceful sleeping!

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**Sources:**

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