

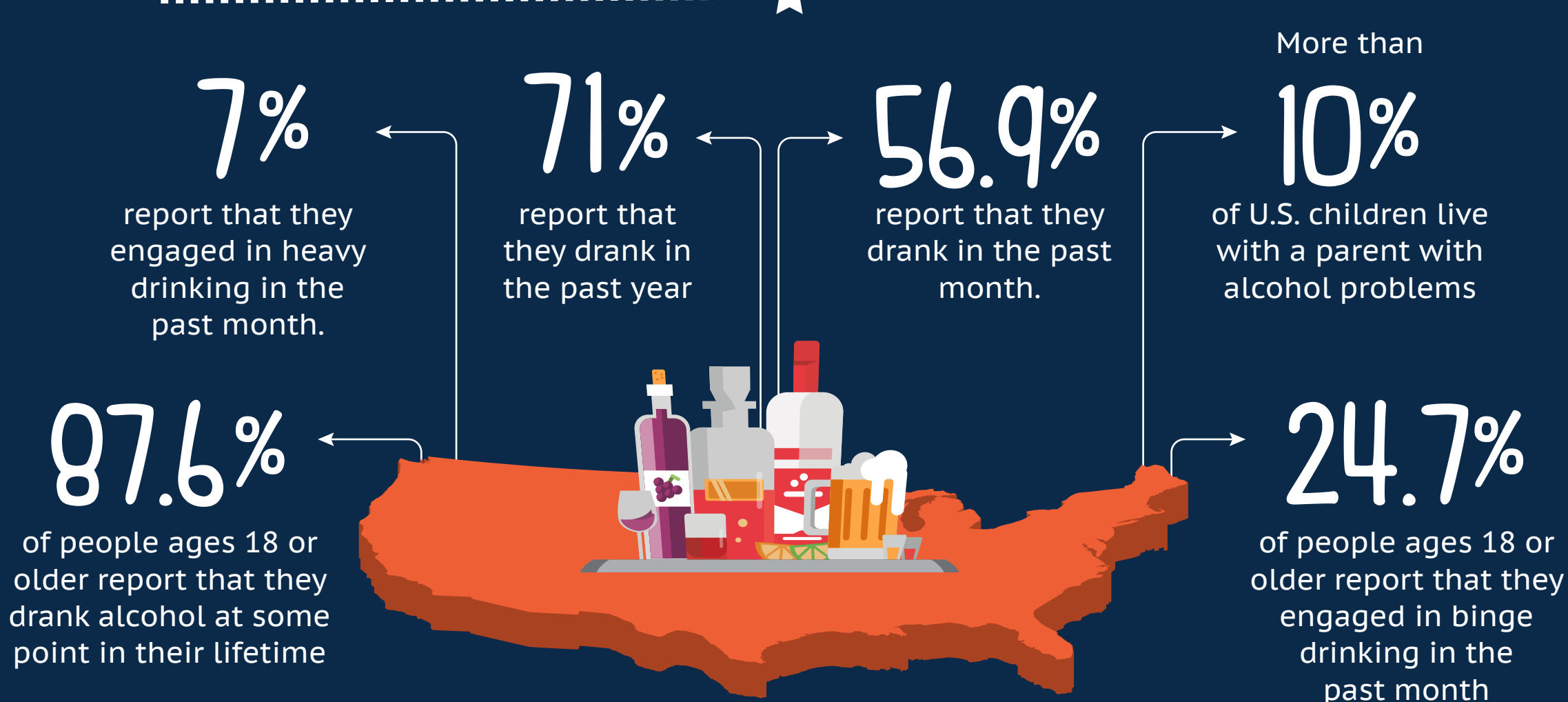


TIP # **7** **AVOID ALCOHOL**

A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Avoiding alcohol is one great way to get a better night's sleep.



ALCOHOL USE IN THE UNITED STATES



★ FACT OR FICTION? ★



ALCOHOL IS A SEDATIVE
Fiction: Alcohol initially may act as a sedative, it can interrupt normal sleep.



ALCOHOL MOVES OUT OF YOUR BODY QUICKLY
Fiction: Avoid drinking alcohol within 4-6 hours of bedtime.



ALCOHOL HELPS YOU SLEEP THROUGHOUT THE NIGHT

Fiction: Alcohol can leave you feeling sleepy soon after drinking. This feeling won't last long. Several hours later it acts as a stimulant.



OVER-THE-COUNTER (OTC) SLEEP AIDS NO LONGER CONTAIN ALCOHOL
Fiction: Check the labels. You are likely to find alcohol or ethanol.



ALCOHOL HELPS YOU TO GO TO SLEEP
Fact: True. But when alcohol wears off, you may become restless and wake up. Alcohol triggers sleep that is lighter than normal.

THREE SLEEP INDUCING SUBSTITUTES FOR ALCOHOL



DRINK

- Warm milk
- Almond milk
- Chamomile tea
- Tart cherry juice
- Peppermint tea
- Chia seed tea
- Valerian tea

WIND DOWN BY

- Having sex.
- Infusing aromas such as lavender and vanilla throughout the bedroom

TAKE A BATH

Sleepiness is associated with a drop in body temperature

Avoiding alcohol is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!

SOURCES:

<http://media.samhsa.gov/data/spotlight/Spot061ChildrenOfAlcoholics2012.pdf>
<http://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs2014/NSDUH-DetTabs2014.htm#tab2-41b>
<http://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs2014/NSDUH-DetTabs2014.htm#tab2-46b>