



# 8 Ways to Quiet Your Mind and Sleep Better Tonight

**We've all been there before.** It's the night. It's the night before a big meeting, a project launch or a packed day of back-to-back patients, and you just. Can't. Sleep. Sleep is essential to our health, but the CDC reports that one in three Americans<sup>1</sup> don't get enough of it. At the same time, research continues to point to the different ways a good night's sleep can impact mental and physical health. Some of the health benefits<sup>2</sup> can include:

- Stronger immune system
- Lower risk for diabetes, heart disease and other serious health problems
- Reduced stress levels
- Improved cognitive function
- Improved mood
- Reduced risk of accidents or safety incidents

Sleep can have a profound effect on individual health and the organizations they work for. When employees show up to work fatigued, it not only impacts their job performance, but the cost for their employers starts to add up. According to the National Safety Council, productivity loss and absences due to a lack of sleep costs employers \$1,200 to \$3,100 per year<sup>3</sup>. And this doesn't account for the financial and legal risk of more safety incidents.

Educating your employees about healthy sleep habits and incentivizing the use of digital sleep therapies through your wellbeing platform is a great place to start. But if you ask us, the only thing worse than not getting enough sleep is tossing and turning and worrying about not getting enough sleep. That's why we're sharing 8 tips your employees can try tonight (or today if they're on a night shift) to counteract stress, quiet their minds and help them drift off to dreamland.

## 1. Deep Breathing = Deep Sleep

Breathe in, breathe out — repeat for a calm mind. Start with four breaths, breathing in through your nose for a count of four and out through your mouth for a count of eight.



## 2. Don't Watch the Clock

Cover your alarm clock, move your phone to the other room or put your smartwatch to sleep. This will help you focus on relaxation techniques and calm your mind instead of getting anxious watching sleepless minutes tick by.



### 3. Reach For a (Calming) Book

You've probably heard that reading before bed can be a great way to unwind at bedtime. But what you read should be given some thought too. A murder mystery may not have the calming effect you're after, for example. Save the thriller for the beach and opt for something a little more lighthearted instead.



## 4. Adjust Your Outlook

It might sound corny at first, but if you get anxious about sleeping, counter those worrisome thoughts with positive thoughts and visions of yourself sleeping peacefully. You can also observe how nice it feels to lie down and rest.



## 5. Write, Sleep, Repeat

You don't have to be a great novelist to use journaling as a way to wind down. Keep a journal and pen next to your bed to make it easy. If this type of writing doesn't come naturally, start by writing down your worries, your thoughts or your immediate to do list. Rest easy knowing that you can tackle everything on your list in the morning.



## 6. Give Sleep a Break

Lying awake for more than 20 minutes? Go do a quiet activity in another (dimly lit) room until you feel sleepy again. Avoid screens and devices as the blue light they emit can disrupt your circadian rhythm.



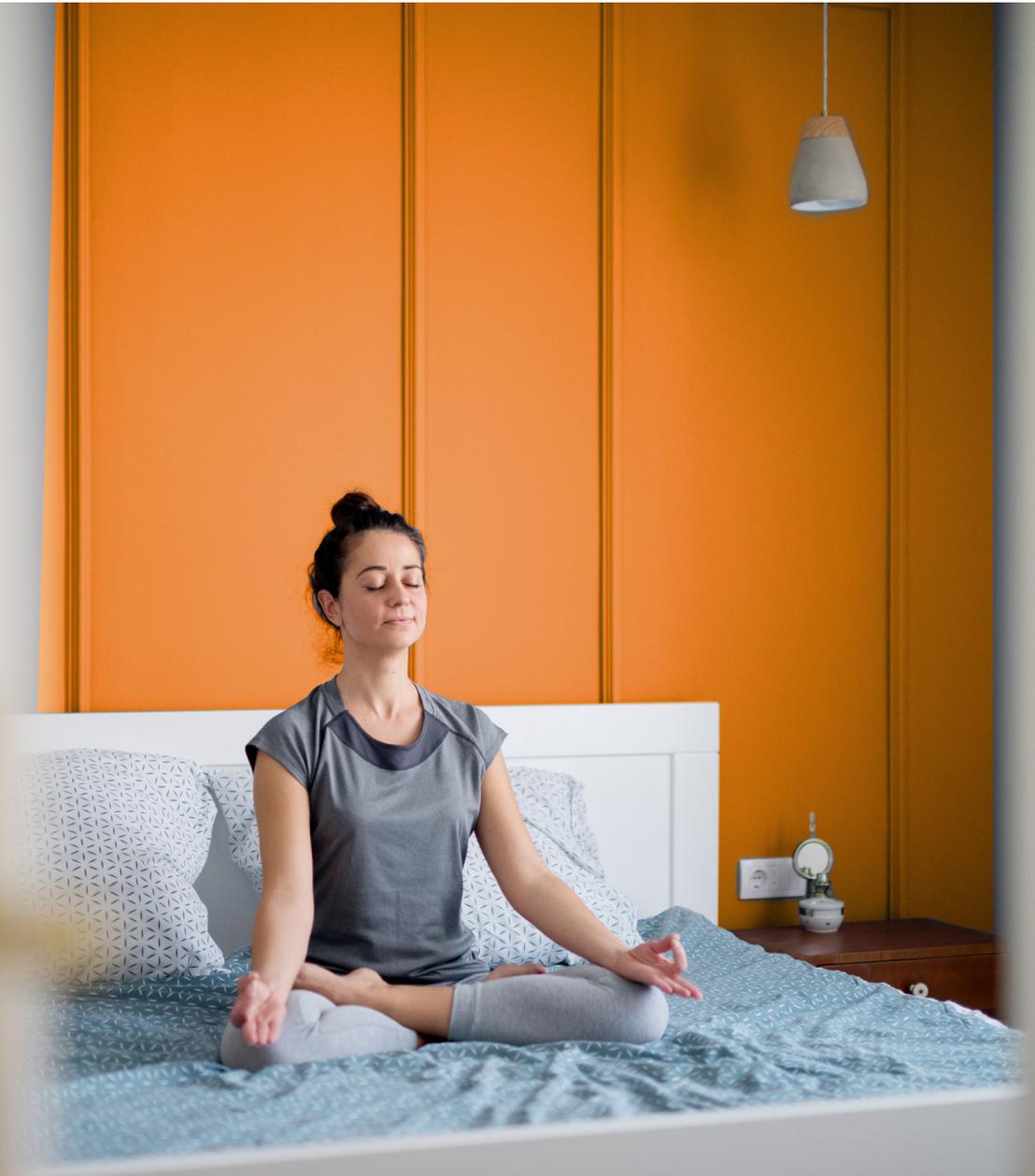
## 7. Block Out Background Noise

Did you know that you can still hear and process sounds, even when you're asleep? Try a white noise machine to drown out the day's stress, mask background noise and guard those moments right before and after you drift off. There are lots of great options to choose from, or you can opt for an app that has a library of soothing sounds.



## 8. Meditate Your Way to a Better Night's Sleep

A mobile app or online resources can help you get started with this clinically proven, drug-free sleep aid<sup>4</sup>. Leave everything else, and the stress they bring, outside the bedroom door.



Looking for more resources on sleep?

[Check Out Our Toolkit!](#)