

2019 J Men's Health une

Tips for Better Sleep

Sleep is like nutrition for the brain. So in this case, if you snooze, you won't lose! Most people need 7-9 hours each night, and getting any less can have consequences. For men, sleep deprivation can cause low testosterone, which is linked to erectile dysfunction, decreased muscle mass, and reduced libido. Women and men react differently to poor sleep, and researchers have yet to figure out why. They do know that women are 2-3 times more likely to suffer from insomnia, while men are 2 times more likely to experience sleep apnea. Mental health concerns are linked to poor sleep as well, regardless of gender. Sleep conditions are treatable and should be addressed with your doctor if you suspect you may be suffering from any problems. In the meantime, read the helpful tips below to get the Zzz's your body needs:

- **Stick to a regular bedtime.** Your body will get used to the routine.
- **Take a warm bath or shower.** The drop in body temperature when you get out may help you feel tired.
- **Take time to calm down.** Try to unwind with a book or some music. No electronic devices.
- **Make the bedroom a sleep-only zone.** Only get into bed when you are tired enough to sleep.
- **Avoid taking naps.** This may make it harder to sleep at night.
- **Don't consume alcohol close to bedtime.** It can wake you in the middle of the night.
- **Drink less fluids before going to bed.** This can cause bathroom trips that disturb your sleep.
- **Exercise.** Wear yourself out so you are tired at bedtime.
- **Get some sun.** This helps your body know when it's time to be awake and when it's not.

Commit yourself to getting a good night's sleep this month by using the sleep log on the back.



Sleep Log

Use this sleep log to record when you go to sleep and when you wake up. Try to get at least 7 hours of sleep each night. Keep track of your evening activities and how well you slept (did you toss and turn or wake up?). You may see a correlation between your evening activities and how well you sleep.

Date	Exercise	Caffeine	Shower/bath	Alcohol	Screen time	Snacked	Bed time	Wake time	# of hours	Rate your sleep quality on a scale of 1 - 10. (1 = poor sleep and 10 = very good sleep) Also note any waking, tossing and turning, dreaming, or other observations about your sleep.
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