

# MINDFUL HEALTH ~ I WILL FOCUS ON ME

## Rest and relaxation – let your mind take a break!

Like healthy eating and physical activity, being well rested and relaxed is vital to good physical and mental health and overall quality of life.

Lack of sleep can make you feel sad, anxious and depressed. It can also affect your concentration, memory and ability to get things done. Good quality sleep rests the brain and helps it work properly. Proper sleep can improve our mood, decision making and social interactions. On average, most adults require at least seven hours of restful sleep, but that amount can vary from person to person.

### Tips to better sleep:

- **Avoid sleep disrupters.** Limit caffeine, alcohol and nicotine before bedtime because they can interfere with sleep. Heavy, high-fat meals before bed can also disturb a good night's sleep
- **Stick to a routine.** Try to keep the same sleep and wake schedule every day – even on weekends
- **Get moving.** Physical activity during the day can help you sleep better and more soundly
- **Make your bedroom a sleep-friendly environment.** A quiet, dark and cool room is best for a good night sleep
- **Slow down.** Your body needs time to shift into sleep mode. Use the hour before bedtime for quiet time activities like reading, listening to music or practicing relaxing techniques

Relaxing practices can help you sleep better and cope with stress and decrease anxiety. Types of relaxation practices include deep breathing, meditation, yoga, tai chi, taking a warm bath and massage. Try to include these into your daily or nighttime routines to help settle your mind and body.

#### PUBLIC HEALTH

1-877-464-9675  
TTY 1-866-512-6228  
york.ca

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