

CREATING A HEALTHY SLEEP ROUTINE

We all need good sleep to be healthy. Lack of sleep can increase your risk for cancer, diabetes, and heart disease. Without good quality sleep you can have low energy and difficulty getting through your day. By creating a healthy sleep schedule and making small changes to your nighttime routine, you can improve your long term health and be the best caregiver you can be!

GOOD SLEEP CAN HELP:

- Reduce stress
- Maintain healthy weight
- Improve learning, concentration, and memory
- Increase energy
- Improve mood and emotions
- Lower risk for diseases
- Boost your immune system
- Improve daily functioning



GOOD SLEEP MATTERS

Taking care of your grandchildren can change your daily routine and your normal sleep schedule. A good sleep routine can make childcare easier. When you prepare for sleep each night with your grandchild, you can improve your quality of sleep. This will result in less fatigue throughout the day and more energy to take care of your grandchild and do all of the things you want and need to do. Remember, a good sleep routine is an essential part of self-care.

IDEAS TO HELP YOU PREPARE FOR SLEEP:



- Keep a regular sleep schedule and plan to get at least 7 hours of sleep each night.
- Create a quiet and calm environment: turn lights off or dim lights, put on soothing music, decrease distractions.
- Ensure your bedding has layers in case you get overheated at night.
- Consider adding the following things to your sleep routine: stretching, massage, reading, shower, and deep breathing.
- Create a schedule for your grandchild with a consistent bed time each night.
- Write the schedule down so your grandchild can see it, this will help them know what to expect each night.

- Create a regular bedtime routine you do each night with your grandchild (e.g. bath, book, song).
- Turn off all electronic devices 30 minutes before you go to sleep.
- **Breathe.** If your grandchild wakes you up in the middle of the night and it is hard for you to fall back asleep, do some relaxation exercises (deep breathing, picture a calm place in your mind).
- **Get up.** If you cannot go back to sleep after 20 minutes, get up and go to a different room to do something relaxing (read a book, drink tea, listen to calming music). Then, try to go back to sleep. Do not go on your phone, tablet, or watch TV, this can make falling back asleep harder.



Ties That Bind is a program of the Jessie F. Richardson Foundation. With this program, we aim to connect grandparents and kinship caregivers with the resources they need.

Visit us at <http://tiesthatbindor.org/> for more.