

Self-Love

Following good sleeping tips and patterns will go a long way in improving your self-love and health.



KEEP IN SYNC WITH YOUR BODY'S NATURAL CYCLE¹

Get in sync with your body's natural sleep-wake cycle, or circadian rhythm. If you keep a regular schedule, you will feel more refreshed and energized than if you slept the same hours at different times.¹

2

WIND DOWN AND CLEAR YOUR HEAD¹

Develop a relaxing bedtime ritual to help prepare your mind for sleep. Practice relaxation techniques, take a warm bath, or dim the lights and listen to soft music or an audiobook.¹

LEARN HOW TO GET BACK TO SLEEP¹

Stay out of your head even if it is difficult. Try not to stress over your inability to fall asleep as that will encourage your body to stay awake. Focus on the feelings in your body or practice breathing exercises. Take a breath in, then breathe out slowly while saying "ahh". Take another breathe and repeat.¹

3

4

OTHER TIPS TO HELP YOU FALL BACK ASLEEP¹

"Postpone" your worrying and brainstorming. Write it down and worry about it the next day and same goes if you have a great idea. Make relaxation a goal instead of sleep. If you find it hard to fall back asleep, try some relaxation techniques such as visualization, progressive muscle relaxation, or meditation which can all be done in bed.¹

TRY THE MILITARY METHOD TO FALL ASLEEP FAST

01 Once comfortable in bed, close your eyes, and breathe deeply. Take several long, slow breaths and relax all muscles in your face. Start with your forehead then move down to your cheeks and jaw.¹

02 Working down from your face, relax your neck muscles, drop your shoulders, and relax your arms. Continue breathing deeply and let go of any tension in your shoulders, arms, hands, all the way down to the tips of your fingers.¹

03 Relax your chest, abdomen, and hips, feeling all your muscles relax as you breathe.¹

04 Focus on your legs and relax them one at a time. Start with the thighs and move down to your calf, your foot, and your toes. Relax the muscles and imagine yourself sinking into your bed.¹

05 Clear your mind. You can repeat a mantra over and over, such as "relax" or "don't think". Or you can picture yourself in a relaxing space, something that you find comfortable or cozy.¹

If you have trouble with the last step, scan the QR code to check out a guided meditation. There are many guided meditations videos on YouTube if you want to find a video that better suits you.



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition?

Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil.

For more online health tips ,visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday