



KEEP A CONSISTENT SLEEP SCHEDULE

Rise and go to bed at a **consistent time every day**. Your body can't tell a weekend from a weekday. If sleep is inconsistent, your body will exhibit physical symptoms similar to jetlag. When waking up, make sure to get out of bed as soon as possible, to kickstart your sleep drive which will continue to build throughout the day. When it comes time for bed, make sure you're in bed only when you feel sleepy.



RESERVE THE BED FOR SLEEP

Follow the **20 minute rule** at bedtime and overnight. This means that if you've spent more than 20 minutes unable to fall asleep, get of bed and go somewhere else until you are feeling sleepy. Make sure to only get in bed when you are sleepy, to condition the mind in associating bed with sleep automatically. Repeat this rule as many times as you need.



CHALLENGE YOUR BELIEFS!

Challenge your beliefs by thinking about how you **can** cope or **have** coped with sleep loss. Rather than perceiving sleep loss negatively, think of times where you didn't have the best sleep, but the next day still went well. Learn to restore trust in your sleep system. It will do what it was designed to do.



STAY ACTIVE - BUILD SLEEP DRIVE

Staying active will build sleep drive for a good night's sleep. Exercise is an arousing activity, so make sure you give yourself enough time to wind down by not exercising too close to bedtime.

CREATE A BEDTIME ROUTINE

Don't expect to fall asleep right after work, or after spending hours scrolling on your phone. Creating a bedtime routine consisting of a sequence of events associated with going to sleep **will help condition the mind and body** to do so. Just as child's bedtime routines consists of a bath and bedtime stories, as adults our bodies still require a routine for sleep.

DON'T SWEAT IT

The harder you try to sleep, the more elusive sleep will be. At times, our constant concern and attempt to rectify sleep problems can only exasperate the issue. **Most sleep problems do resolve overtime.**



FOCUS ON QUALITY, NOT QUANTITY

5 hours of **restorative sleep** is much more valuable than 8 hours of broken sleep. Continuous, high quality sleep is considered restorative, good for your mood, mental and physical health.



CAFFEINE, ALCOHOL, MARIJUANA

It is recommended to consume caffeine **in moderation and not too late** in the day, to prevent interference with sleepiness. Alcohol and marijuana may help you fall asleep initially but can lead to a broken sleep later in the night.



Live Well, Building a better you!

Life's challenges can seem overwhelming – that's why EY provides you with access to several external services and resources to support you and your wellbeing journey. For more information on these resources, visit eylivewell.ca – a one stop shop for everything well being related.

MindBeacon offers therapy for insomnia, available to all EY employees and family members at no cost. Sleepless nights full of tossing and turning, days full of fatigue where we feel as though we're sleepwalking through our lives at work and home – insomnia can be a source of great frustration and anxiety. It can also lead to irritability, a loss of focus, and depression. If you're struggling with insomnia, and want to find the sleep you need, MindBeacon can help.

LifeSpeak has videos on the link between sleep and mental health, how to overcome sleep problems, and debunking common myths about sleep.

Healthcare Online is an on-demand healthcare service available 24/7 for your health and wellness needs. Service is delivered through the **Akira by Telus Health app** and gives you secure access to Canadian healthcare professionals for appointments and treatments. You now have a new way of accessing top quality primary care.