

# Keep Calm and Sleep On



## How to manage stress and get the quality sleep you need

### STATS




**One-third** of adults in the United States report persistent stress or excessive anxiety daily.





**Seven out of ten** of those adults say they have trouble sleeping.


Stress amps up the fight-or-flight nervous system, flooding the body with adrenaline and cortisol, which increases blood pressure, heart rate and blood sugar and suppresses the immune system. Stress also triggers negativity, aggression and anxiety, all of which can interfere with your quality and quantity of sleep. Fortunately, there are many practices you can implement to counteract stress and improve sleep quality.

### TIPS


 **REGULAR BEDTIME.** It can't be overstated that consistently going to bed and getting up in the morning at around the same time improves sleep quality and our ability to handle daily stressors.


 **WARM BATH.** Add Epsom salts to a warm bath right before bedtime. Stress drains the body of magnesium and Epsom salts are rich in this mineral. Magnesium helps to promote rest and relaxation while improving quality of sleep and concentration.

 **MEDITATION.** Meditation counteracts the automatic nervous system, activating the opposing nervous system to calm you down. If you don't have a meditation practice, just take five dedicated minutes before bedtime to relax, become mindful and enjoy the peace.

 **RELAXING SCENTS.** Add the relaxing scents of lavender, bergamot, chamomile, cedarwood or valerian to your bedroom. Consider drinking a cup of chamomile tea, spraying your pillow with lavender, lighting a candle or diffusing essential oils at bedtime.

 **LIGHT YOGA.** Try some simple yoga stretches right before bedtime to promote relaxation.

 **VISUALIZATION.** Visualizing yourself in a peaceful sleep can promote a state of relaxation. Start by clenching and releasing your muscles, starting with your face and working down to your feet.

 **WRITE IT DOWN.** If your brain still isn't ready to let go of swirling thoughts, grab a journal and write down your thoughts, worries or tomorrow's to-do list. This can help clear your mind of worries and negativity and prepare you for sleep.