Simple steps to help you catch enough zzz’s

Dr. Robert Gock, of the University of South Florida Morsani College of Medicine and associate professor of medicine in the department of sleep, pulmonary and critical care, offers these recommendations that could help you get deep sleep and stay asleep longer.

1 Create a sleep sanctuary

The bedroom should be a peaceful, dimly lit room that isn’t too hot or too cold, and sound enough that all you want to do when you walk in is put on your pajamas and curl up in bed. Creating a sanctuary in your home could be as simple as making your bed seem like a relaxing place for rest. Your bed should not be a place of work or leisure, but a sanctuary for sleep.

“Many people sleep in their living room at night. Night lights are OK if you’re not right in the bed, but don’t sleep while in the room,” Gock said. “I recommend having a separate bedroom and then having the windows open a bit when you wake up.”

2 Stick to a bedtime routine

Set a bedtime routine and stick with it. If you start to think that you’re tired, you’re going to be ready to get to sleep,” Gock said.

The 30 minutes to an hour prior to bedtime should be time to wind down.

“Before you go to bed, brush your teeth, wash your face and put your pajamas on. Then the lights in the house and turn off the TV so that your mind and thought processes slow down and your heartbeat slows down before you get into bed,” Gock said.

3 Control food and fluid intake

Before you go for that late night snack, you might want to hold off.

“Eating before bed can disrupt normal sleep patterns because of digestion. Irregularly, you should avoid a full meal about 3 hours prior to bedtime. If you eat before you go to bed, you should be exercising, eating a healthy diet and staying hydrated. Also, avoid a www.azcentral.com

by KAYLA STURZEL
DAILY SUN-STAFF WRITER

The Villages
trouble falling asleep, waking too early throughout the night and not receiving a deep, restorative sleep. For women in the 65-78 age group, 15 percent of men and 14 percent of women took more than 30 minutes to fall asleep. Although it is common, it isn’t considered normal. Sleep patterns change as the butterfly matures, but repeated nights of disturbed sleep don’t have to be a part of aging.

Dr. Martin, a sleep apnea specialist at Tri-County Pulmonology & Multispecialty Group, emphasized the importance of keeping a healthy, common sleep. She said, in patients throughout The Villages.

Sleep apnea

Central sleep apnea is caused when the brain is not functioning well. It is a consequence of the brain.”

Signs and symptoms

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Sleep apnea is related to a person being overweight. It is a disease that a person will have extra blood flow to keep their heart functioning. It affects people in a variety of ways. Sleep apnea is related to a person being overweight.

Sleep facts:

1. People tend to wake up in the morning hours of sleep. However, you can get less sleep and function normally as long as you are able to enjoy a good, restorative sleep.

2. When you feel the morning or the evening is your best time of day, you are not getting enough good sleep.

3. If you are not sleeping, your body is not getting all the rest it needs. If you are not getting enough good sleep, you should be exercising, eating a healthy diet and sleep.

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Sleep health

Tips to help avoid getting jet lag when traveling

Jet lag is a common sleep disorder that occurs when you go to places just traveling for vacation. Rest, nutrition and lifestyle has shown that jet lag is one of the body’s natural “internal clock.” Circadian rhythms are physical, mental and behavioral changes that follow a 24-hour cycle and are disrupted when people travel causing jet lag.

There are ways to help your body adjust to the time zones you will be traveling to. Dr. Robert Gock, of the University of South Florida Morsani College of Medicine and associate professor of medicine in the department of sleep, pulmonary and critical care, recommends these tips for those traveling.

• If you are going to your destination with a time change, plan a week ahead to adjust the time zone when you leave your destination.

• When we get the least flexible we are, with jet lag, but certain rituals we can get by with jet lag,” Gock said.

• If you are traveling east, move your body time up earlier. If you are going to bed earlier and waking up earlier, initially go to bed 30 minutes earlier than you are to go to bed 30 minutes earlier.

• If you are up in the morning light, take a walk in the morning. If you walk in the morning light, you will wake you up.

Useless knowledge

• The ancient Egyptians regarded the dung beetle as sacred, and many were worn as statues as charms.

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