

## 4 HEALTHY SLEEPING HABITS FOR A BETTER REST THIS WINTER

by Harvard Pilgrim

How do you avoid that dreaded winter fatigue and maintain healthy sleep habits? Here are some tips to help you feel well rested, healthy and happy.



The winter months don't just bring shorter days, reduced sun exposure and colder temperatures; they can make us feel much sleepier and less energetic than usual. Research shows that our bodies can actually produce more melatonin, a chemical that induces sleep and regulates our sleep-wake cycle, or circadian rhythm, in the winter.

### 1. Seek out sunlight during the day.

Regular sun exposure helps regulate many important body processes. This includes balancing serotonin levels to help maintain mood and happiness, in addition

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Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

- Helen Keller

Quotes sourced from *Self By Design*

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## Book of the Month Recommendation

***The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are***

by  
by Brené Brown

*A motivational and inspiring guide to wholehearted living, rather than just the average self-help book, with this groundbreaking work Brené Brown, Ph.D., bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling.*

to melatonin production, which regulates our circadian rhythm. The sun is also an important source of vitamin D, which helps to keep our immune systems in fighting shape, as well as regulate our moods. Committing to regular walks on sunny days and opening your blinds to let in natural light during the day can make a big difference.

## **2. Keep yourself physically active.**

In addition to the obvious health benefits of staying active, regular exercise can also help our bodies maintain their circadian rhythm. When we work out, the brain makes the chemical adenosine, which helps us feel relaxed and sleepy at night. However, it's important to note that high-intensity exercise will increase your heart rate and body temperature, which can make it more difficult to fall asleep. So if you have trouble falling asleep, try morning workouts to prime your body for a good night's rest.

## **3. Practice good eating habits.**

When considering your overall sleep quality, remember to consider your daily diet. Eating larger meals and comfort foods that are heavy in sugar and carbs can make you feel sleepy, but can also lead to poor sleep quality and waking up throughout the night. Practicing healthy eating habits, and incorporating mood-boosting foods like salmon, berries and leafy greens, can help improve daytime function and positively impact your overall sleep quality.

## **4. Improve your air quality.**

When the temperature is brisk, the air in your home can get extra dry—especially with artificial heat keeping it toasty. This can cause congestion and irritation in the nose and throat, often interfering with sleep. Consider lowering the heat before heading off to bed and using a humidifier in your bedroom at night to help keep the air moist.

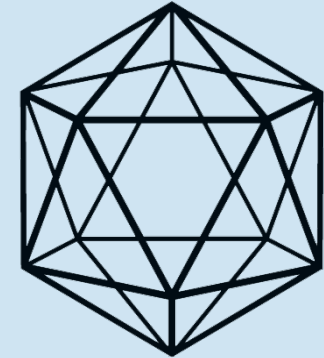
Getting quality sleep each night is crucial not only to our physical well-being, but to our mental wellness as well. Although the winter months can throw our sleeping habits off their balance, maintaining a good sleep schedule while following these tips will have you feeling your best.

**For more information or advice, contact eni online at:**

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