



Los Angeles County DMH, Continuum of Care Reform Division

## Trauma Tip of the Week: Sleep

**When under stress our body begins to wear down and becomes more susceptible to illness and other health complications. Therefore, it is important to ensure your body gets at least 7 to 8 hours of sleep per night to rest and allow our natural defense system to rejuvenate itself.**

### WHY IS SLEEP IMPORTANT?



### Ways To Improve Sleep

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
  - Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
  - Remove electronic devices, such as TVs, computers, and smart phones from the bedroom.
  - Avoid large meals, caffeine, and alcohol before bedtime.
  - Get some exercise. Being physically active during the day can help you fall asleep more easily at night.
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