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NEWSLETTER

Better Sleep: Why It's Important

Sleep has become a precious commodity. We love it, we need it, yet many of us rarely get enough. Busy schedules, family responsibilities, stress, and technology can all interfere with a good night's rest. Getting sufficient sleep is essential for maintaining both your physical and emotional health.

How you feel during the day is closely connected to how well you sleep at night. While you rest, your body works hard to support healthy brain function and restore your overall well-being. Quality sleep promotes growth, heart health, weight management, stronger immunity, sharper focus, and better memory. It allows your mind to repair, recharge, and process the day's experiences, preparing you to function at your best.

Developing habits that promote better sleep is one of the most valuable investments you can make in your health. In this newsletter, you'll find practical strategies and simple tools to help you improve your sleep hygiene, enhance your well-being, and wake up feeling refreshed and ready for the day.

IN THIS ISSUE:

Better Sleep - Why It's Important

5 Steps to Improve Your Sleep

Relaxing or Wind-Down Techniques

5 Steps to Improve Your Sleep

#1

Keep a Regular Wake-Up Time

Try to wake up at the same time every day. Yes, even on weekends. This simple habit helps train your body's internal clock, known as your circadian rhythm, which regulates when you feel sleepy and when you feel alert. When your wake-up time stays consistent, your body learns when to release hormones like cortisol and melatonin, helping you fall asleep faster at night and wake up more refreshed in the morning.

#2

Power Down Devices

It's tempting to scroll through your phone or watch one more episode before bed, but the light from screens can trick your brain into thinking it's still daytime. This suppresses melatonin (the hormone that helps you feel sleepy) and makes it harder to drift off naturally. Try setting a "digital sunset" about 30–60 minutes before bedtime. Use this time to unwind without screens: read a book, stretch, listen to calming music, or practice mindfulness.

#3

Limit Naps

A short nap can be a great energy boost, but long or late-day naps can make it harder to fall asleep at night. When you nap for too long, your body enters deeper stages of sleep, which can leave you groggy when you wake up and confuse your natural sleep-wake cycle. If you feel the need to rest, aim for a "power nap" of 20–30 minutes, just enough to recharge without affecting your nighttime sleep. The best time to nap is typically early to mid-afternoon, when your body's energy naturally dips. Try to avoid napping too close to bedtime, as this can reduce your sleep pressure (the body's natural drive to fall asleep) and lead to restless nights.

#4

Make it Dark

Light plays a powerful role in regulating your body's internal clock. Even small amounts of light (from a streetlamp, phone charger, or alarm clock) can send signals to your brain that it's time to be awake. Darkness, on the other hand, tells your body to produce melatonin, the hormone that promotes relaxation and sleep. To create a truly restful environment, try using blackout curtains to block outdoor light or an eye mask if that's more comfortable. Turn off or cover glowing electronics, and opt for warm, low lighting in the evening to help your body wind down naturally.

#5

Keep it Cool

A slightly cooler room can make a big difference in how well you sleep. As you drift off, your body temperature naturally drops, signaling that it's time to rest. Keeping your bedroom cool helps support this process and promotes deeper, more restorative sleep. The ideal sleep temperature for most people is between 60–67°F (15–19°C). If your room feels too warm, your body may struggle to reach its optimal temperature, leading to tossing, turning, and lighter sleep.

Relaxing or Wind-Down Techniques

Creating a relaxing bedtime routine helps signal to your body and mind that it's time to slow down and prepare for rest. Gentle relaxation techniques can reduce stress, calm racing thoughts, and make it easier to drift into a peaceful sleep. Here are a few simple practices to try before bed:

Deep Breathing

Focused breathing helps quiet the nervous system and lower your heart rate. One effective method is the 4–7–8 technique:

- Inhale slowly through your nose for 4 seconds
- Hold your breath for 7 seconds
- Exhale gently through your mouth for 8 seconds

Repeat this cycle several times. The slow rhythm encourages relaxation and helps your body transition out of the day's tension.

Progressive Muscle Relaxation

This technique helps release physical tension you may not even realize you're holding. Starting with your feet, gently tense each muscle group for a few seconds, then release. Move slowly upward (to your calves, thighs, stomach, arms, shoulders, and face). As each area relaxes, notice the sensation of ease spreading throughout your body.

Guided Imagery

Visualization can help calm your mind and replace stressful thoughts with soothing ones. Close your eyes and imagine yourself in a peaceful setting (perhaps a quiet beach, a forest path, or a cozy cabin). Engage your senses by picturing the sounds, scents, and sensations of that place. Let your imagination anchor you in tranquility as your body prepares for rest.

Practicing these techniques regularly can help you unwind more easily each night. Even five to ten minutes of relaxation before bed can make a meaningful difference in the quality of your sleep and how refreshed you feel in the morning.



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