



Sleep Optimization

May 2023 Vol 6, Issue 5

Summer Sun Safety

Everyone should go outside as soon as possible after they wake up and get at least 15 minutes of direct natural light. Those who spend 1 to 2 hours outdoors daily or spend their days in a brightly lit room were less likely to have trouble sleeping. Even letting natural light into your homes can help you fall asleep quicker.1

Here are some tips when it comes to the summer sun and staying energized during the day:

Try to get at least go outside for 1 hour each day¹

The best times to go is in the morning after daybreak for 15 to 30 minutes and then again around 1 to 3pm when your body has a spike of melatonin. Instead of going for a coffee break when feeling tired, try going outside to soak up the sun and wake yourself up.

Face a window¹

If you spend most of your time indoors during the day, place yourself near a window or in a spot where you'll receive natural light.

Get an extra boost1

If you drive to work in the dark, travel across time zones, or have trouble getting morning light, using a "light therapy" lamp in the morning can be a great alternative to the natural light you may be missing out on.

Set a screen time limit¹

Turn off your electronics or at least dim the display 2 hours before bedtime. Using blue-light blocking lenses 90 minutes before bed can also help you sleep more soundly. Try to sleep and wake up around the same time to help build a routine and to ensure you get some of the morning sunshine.



1.Marshall, L. (2022). Get Morning Light, Sleep Better at Night. WebMD. Retrieved from https://www.webmd.com/sleep-disorders/features/morning-light-better-sleep



Check out the calendar for local events.

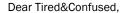


Personal Message From Your Health Promotion Health Myth Busting Team

Dear Health Myth Busters,

I have been working on getting my sleep schedule back on track. I still struggle with going to sleep at a reasonable time and even when I do and get 8 hours of sleep, I am still tired. I have tried to improve my sleep routine and keep my room cool, turn off my electronics 2 hours before bed, and block out any light. Why is it that even with these improvements I do not feel well-rested?

Sincerely, Tired&Confused



Good to hear that you are taking proactive steps to improve your sleep hygiene. From the sound of it, it may be that your circadian rhythm is a bit messed up. The circadian rhythm is a 24-hour internal clock that coordinates a wide range of bodily functions, including sleep. The rhythm is controlled by a small part in the brain known as the circadian pacemaker which is heavily influenced by light exposure.2 When exposed to natural light, a person's circadian rhythm can become synchronized with sunrise and sunset which is what helps keep a person awake during the day and asleep at night.² You may need to do some adjustments with your sleep routine. Scan the QR code to learn more about the circadian rhythm and find out tips on how to reset it and get your sleeping back on track³

Sincerely, Health Myth Buster





2.Suni, E. (2023). Light and Sleep. Sleep Foundation. Retrieved from https://www.sleepfoundation.org/bedroom-environment/light-and-sleep 3.Suni, E. (2023). How to Fix Your S. leep Schedule. Sleep Foundation. Retrieved from https://www.sleepfoundation.org/sleep-hygiene/how-to-reset-your-sleep-routine

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage https://www.airforcemedicine.af.mil/Resources/Health-Promotion/



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Community **Events**

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health **Promotion Office**







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