



RED ALERT SLEEP AWARENESS CAMPAIGN FOR MENTAL AND PHYSICAL HEALTH

Sleep is the Start of Tomorrow.

31%

of first responders have a diagnosed sleep disorder. Many more are undiagnosed and sleeping poorly.

Sleep deprived
First Responders

4X

More likely
to make errors.

TRAINING TOPICS



Basic Sleep Physiology

What are the cycles, what they do while your sleep, and why you should not skip one.



SIMPLE SLEEP HYGIENE

One sleep hack can improve your sleep. Learn easy to implement for sleep improvement.



CBT-I APP

Explore an App that can have you sleeping 1-3 weeks.



HEALTH TRACKERS

Importance of diet and exercise. Caffeine and alcohol's impact on sleep cycles. Tactical Naps discussion.



SHIFT SCHEDULES

Ideas for sleeping during the day and fighting sleep pressure in the early morning hours.



PRACTICAL SKILLS

Gain tools to use at home for better sleep. Gain insight to share with supervisors for improved performance.

This an interactive presentation led by first responders who do the job. They give real-world applications.

INSTRUCTORS: TRAINED FIRST RESPONDERS

They have the knowledge and the job experience to discuss and offer practical ideas for improving your sleep on and off the job.



Fall and Winter 2025

60 minute and 15 minute sessions available
Scan QR Code to sign up.

Questions? Contact Amy Foley
firstresponderps@gmail.com
or 513-607-9290



TRI-STATE
PEER SUPPORT TEAM

DELIBERATE PRACTICE CAN IMPROVE YOUR SLEEP

What Does Sleeping Well Mean?

Sleeping well means getting enough sleep to feel good and stay healthy. How much sleep is enough varies among people. The number of hours you sleep and how you feel when you wake up are both important. If you do not feel refreshed, you probably need more sleep. Another sign of not getting enough sleep is feeling tired during the day. Experts recommend that adults get at least 7 or more hours of sleep per day.

Why is Getting Enough Sleep Important?

Getting enough quality sleep is a basic part of good health. When your sleep suffers, your physical health, mood, and your thoughts can suffer too. You may find yourself feeling more irritable or stressed. Not getting enough sleep also can lead to serious problems, including injury, accidents, anxiety, and depression.

What Can You Do to Get More Sleep?

Here are some tips that may help you sleep more soundly and wake up feeling more refreshed.

Your sleeping area:

- Use your bedroom only for sleeping and sex. A bit of light reading may help you fall asleep. But if it doesn't, do your reading elsewhere in the house. Try not to use your TV, computer, smartphone, or tablet while you are in bed.
- Be sure your bed is big enough to stretch out comfortably, especially if you have a sleep partner.
- Keep your bedroom quiet, dark, and cool. Use curtains, blinds, or a sleep mask to block out light. To block out noise, use earplugs, soothing music, or a "white noise" machine.
- Create a relaxing bedtime routine. You might want to take a warm shower or bath, or listen to soothing music.
- If possible (shift work happens!), go to bed at the same time every night and get up at the same time every morning, even if you feel tired.
- Limit caffeine (coffee, sodas, energy drinks) during the day, and don't have any for at least 6 hours before bedtime. Avoid drinking alcohol before bedtime. Alcohol can cause you to wake up more often during the night.
- Try not to smoke or use tobacco, especially in the evening. Nicotine can keep you awake.
- Nap before 4:00 pm.
- Avoid taking medicine right before bed that may keep you awake or make you feel hyper or energized. Your doctor can tell you if your medicine may do this and if you can take it earlier in the day.
- Avoid lying in bed awake for too long. If you can't fall asleep, or if you wake up in the middle of the night and can't get back to sleep within about 20 minutes, get out of bed and go to another room until you feel sleepy.
- Download the **CBT-i Sleep App** to learn more about sleep and how to improve your sleep.



- Relaxation Techniques can help you feel calmer, relieve stress and tense muscles. Try Deep Breathing and Progressive Muscle Relaxation.
- Journaling before bed can calm a racing/ruminating mind.



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