

## Free Health Services

Every 2<sup>nd</sup> Saturday of the Month

Time: 10:00 AM - 1:30 PM

**\*Last patient accepted at 12:30 PM**

### Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

### Next Clinic Date:

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## Who We Are

### About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

### Contact Us

(415) 633-6421

[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)

[www.mabuhayhealthcenter.org](http://www.mabuhayhealthcenter.org)

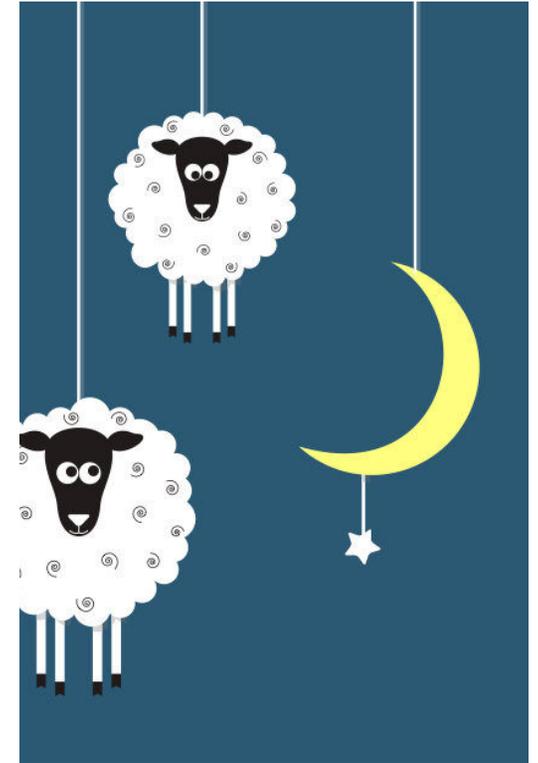


**Mabuhay Health Center**

1010 Mission Street

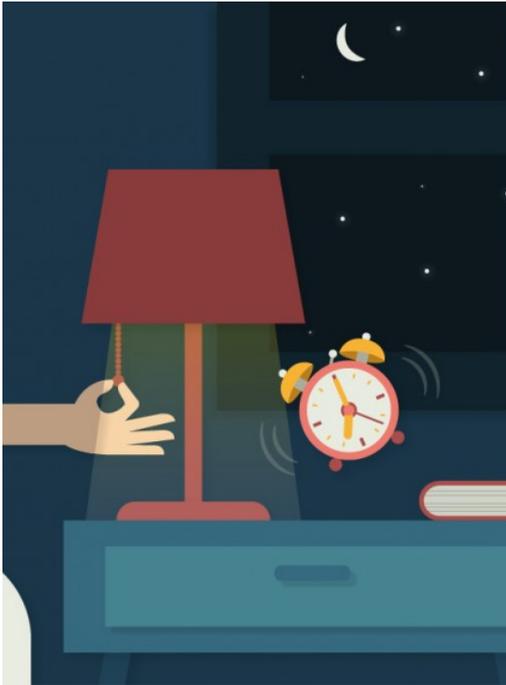
San Francisco, CA 94103

Last Revised: 11/07/2019



# Sleep Hygiene

*MHC Behavioral Health*



## Overview of Sleep Hygiene

Sleep is an important part of our everyday health. It can affect many aspects of our general health, including our mood, memory, and metabolism. Ensuring healthy sleeping habits, or “sleep hygiene”, is important for maintain overall health outcomes. As poor sleep can lead to health problems such as weight gain, high blood pressure, and a decrease in the immune system, it’s crucial to be mindful of one’s sleep hygiene.

## Sleep Recommendations

The CDC recommends 7-9 hours of sleep daily. *Are you getting at least 7 hours of sleep?*

## Signs and Symptoms of Poor Sleep

- Frequently waking up in the middle of the night
- Difficulty falling asleep
- Not feeling well rested after a full night of sleep.

## Helpful Sleep Habits

### Do’s:

- Be consistent – try to sleep at the same time every night.
- Sleep in a dark, quiet room.
- Exercise regularly – at least 30 minutes three times a week.
- Have a balanced, healthy diet.
- Use your bed only for sleep and intimacy.
- Limit naps to 30 minutes.
- Stay in bed even if you can’t fall asleep.

### Don’t:

- Use electronics 30 minutes before bed.
- Eat or drink caffeine in the late afternoon and evening (i.e. coffee, teas, and chocolates).
- Eat a heavy meal before bed – eat a small, light snack.

## Quick Bedroom Checklist

- Is your bedroom completely dark?
- Is your bed comfortable (pillows, mattress, sheets)?
- Is your bedroom the right temperature (cooler temperatures are better)?
- Are you sleeping at around the same time as last night and the night before?
- Is your bed free of electronics (i.e. phones, tablets, etc.)?

## **Remember. . . ASLEEP**

**A**void alcohol, caffeine, and nicotine.

**S**leep and sex should be the only use for the bed.

**L**eave electronics and work out of the bed.

**E**xercise regularly, but not 2-3 hours before bed.

**E**arly rising – avoid sleeping in and naps longer than 30 minutes.

**P**lan a bedtime routine.

## **If you still have trouble sleeping**

- Talk to a medical professional

## **Some Helpful Resources**

[CDC: Sleep and Sleep Disorders](https://www.cdc.gov/sleep/index.html)  
<https://www.cdc.gov/sleep/index.html>