



WEEKLY NEWSLETTER



SLEEP HYGIENE

Aliyah Kath, Intern

Sleep deprivation has a negative effect on multiple dimensions of our lives. For example, not getting enough sleep can make it challenging to regulate negative emotions and can lead to a worsened mood (Baum et al., 2013). The CDC recommends that teens get 8-10 hours of sleep a night and that adults aim for 7 or more, but meeting this goal can be challenging.

Sleep hygiene is a term that refers to creating a set of habits to help improve the quality of your sleep. Sleep hygiene is powerful on its own, but for people who struggle with insomnia, incorporating these practices can be especially useful when combined with other interventions such as CBT, medications, or mindfulness techniques.

10 Tips For Healthy Sleep Hygiene:

1) Stick to a sleep schedule

a) Start going to bed and waking up at the same time. By doing this, you are training your body to get into a regular sleep routine.

2) Create a nightly routine to remind your body that it's time to rest

a) This could look like a warm shower followed by reading a chapter in a book while sipping a cup of caffeine-free tea. Whatever your nightly routine, make sure it sets the tone for relaxation and sleep, and that you stick to it.

3) Get daily exposure to sunlight

a) Sunlight can help support the body's natural circadian rhythm which is important for quality sleep.

4) Incorporate physical activity into your daily routine

a) Having a consistent exercising routine can help you fall asleep easier at night.

5) Limit consumption of caffeine, alcohol, and nicotine throughout the day and especially for 4-6 hours before bedtime

6) Use your bed only for sleeping

a) Our brains make associations between activities and the spaces in which we do them. Train your brain to link your bed to the singular activity of sleeping.

7) Create a calming space

a) Ensure your room is cool and dark. Equip your bed with plenty of blankets to keep warm, comfortable pillows, and soft sheets. Try using aromatherapy diffusers, candles, or room sprays with relaxing scents like lavender. If you like background noise, try listening to sounds like a box fan or waves, lyricless music, or sleep stories. On the other hand, if noise disrupts your sleep, invest in a pair of earplugs.

8) Limit usage of electronic devices for a couple hours before bedtime to reduce mental stimulation

9) Create a sleep diary card

a) Include data like when you get into bed, when you fall asleep, how often you wake in the night, when you wake up, when you get out of bed, if you take naps, your exercise and eating habits, and what medications/supplements you take. This can help you find patterns and stick to the facts instead of making assumptions about the quality of your sleep.

10) Get up and try again

a) If you find that you still can't sleep after more than 20 minutes, get out of bed and engage in something relaxing and unstimulating. This might look like meditating on the floor with the lights off, doing some gentle stretches, or reading a book that is not exciting. After 20 minutes, get back into bed and relax with the assurance that after 20 more minutes, if sleep still escapes you, you can get back up and try again.

Habits that support quality sleep can differ from person to person. Experiment with these tips and other methods of relaxation to figure out what works best for you. Not being able to fall asleep can be frustrating, but cultivating healthy sleep hygiene can make this process easier so that your body can effectively rest and recover.

References:

Suni, E. (2022, September 29). Sleep hygiene. Sleep Foundation
<https://www.sleepfoundation.or...>

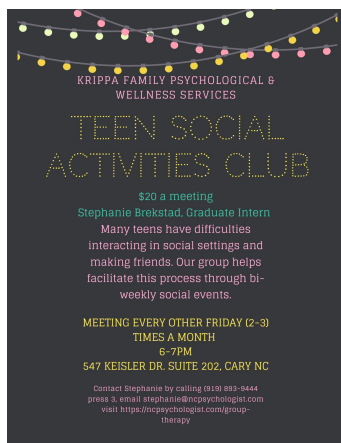
Centers for Disease Control and Prevention. (2017, March 9). Sleep and sleep disorders. <https://www.cdc.gov/sleep/inde...>

Baum, K., Desai, A., Field, J., Miller, L., Rausch, J., & Beebe, D. (2014). Sleep restriction worsens mood and emotion regulation in adolescents. Journal of Child Psychology and

Psychiatry, 55(2), 180-190. <https://doi.org/10.1111/jcpp.1...>

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- INTENSIVE OUTPATIENT GROUP (11-18)



KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

TEEN SOCIAL ACTIVITIES CLUB

\$20 a meeting
Stephanie Brekstad, Graduate Intern

Many teens have difficulties interacting in social settings and making friends. Our group helps facilitate this process through bi-weekly social events.

MEETING EVERY OTHER FRIDAY (2-3) TIMES A MONTH
6-7PM
547 KEISLER DR, SUITE 202, CARY NC

Contact Stephanie by calling (919) 893-9444 press 3, email stephanie@ncpsychologist.com visit <https://ncpsychologist.com/group-therapy>



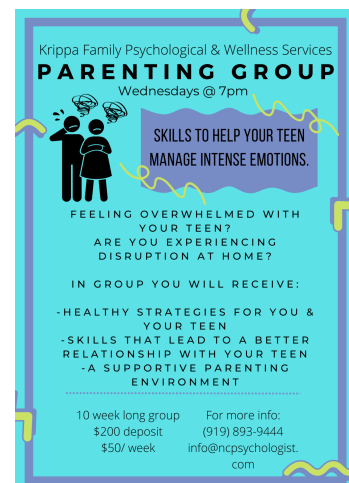
KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

College Life 101

A GROUP FOR YOUNG ADULTS WHO ARE NAVIGATING COLLEGE AND INDEPENDENCE

College life- ready or not, it's here! In early adulthood you face big changes, especially when you are in college. We will tackle topics such as navigating new spaces, building new connections, safe partying, organizational and study skills, self-care, and setting yourself up for future success.

\$50 per session
\$200 Deposit (4 sessions)
Virtual with Kerri Shifflett, LCMHC
Fridays at 10am beginning 9/16/22
Call (919) 893-9444 or visit [NCPsychologist.com/group-therapy](https://ncpsychologist.com/group-therapy) to register



Krippa Family Psychological & Wellness Services

PARENTING GROUP

Wednesdays @ 7pm

SKILLS TO HELP YOUR TEEN MANAGE INTENSE EMOTIONS.

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group \$200 deposit \$50/ week

For more info: (919) 893-9444 info@ncpsychologist.com

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Website](#)

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

