

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.

8 ways to sleep better
when it's scorching hot outside

- 1 Close the windows and draw the blinds
- 2 Open your bedroom door
- 3 Sleep downstairs
- 4 Eat lighter foods
- 5 Take a cool shower or bath before bed
- 6 Freeze your sheets
- 7 Drink plenty of cold beverages close to bedtime
- 8 Sleep naked

Managing your body temperature is an important part of healthy sleep

"Body temperature may not be the only culprit to poor sleep. Sleep disorders like sleep apnea can also be a reason why people don't feel refreshed when they wake up. Visit a sleep clinic if you have sleeping issues, as they provide patients with the necessary testing and treatments to help them achieve better quality sleep."

-Dr. Yelena Turashina, Sleep Medicine Specialist, Advocate Lutheran General Hospital

Source: http://www.inflightwellness.com/entry/meal-and-sleeping_us_5343464-402650e995a216d77e2c8a0a2_healthy-living

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>

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



Dear 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.² 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 track.³

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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Air Force Health Promotion HQ

Community Events

HERE’S WHAT’S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact: Luke Christy
Phone: 609-1027
Email: lucan.christy@us.af.mil

Monday	Tuesday	Wednesday	Thursday	Friday