



the
Chickasaw
Nation
Department of Health

**BETTER
SLEEP
GUIDE**

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**BETTER SLEEP GUIDE:
BLUE LIGHT**

WHAT SHOULD YOU KNOW ABOUT BLUE LIGHT?

BLUE LIGHT

- During daytime hours, blue light, or blue wavelengths, have been shown to boost attention and mood.
- Blue light can also come from other sources such as television, smartphones, handheld video game devices, computers and tablets.

THE BRAIN

- When eyes see blue light, the brain is tricked into thinking it is still daylight and time to be productive. Being awake and alert is great during the day, but not at night when trying to relax and go to sleep.

SLEEP

- At night, blue light from electronics in our room can keep us alert. Having a TV on while we sleep tricks our brains into thinking it is daylight outside, making it harder for us to get the quality of sleep we need. Advertisers know this. If you have ever left your TV on at night and been woken up by a bright commercial on your screen, then you have experienced the effects of blue light on your sleep.

YOUR HEALTH

- Studies have shown a link between evening exposure to blue light and diabetes, heart disease and obesity (*Mason et al., 2022*).

FOR MORE INFORMATION ABOUT SLEEP, TALK TO YOUR HEALTH CARE PROVIDER.

Find out more about light exposure by scanning the QR code.



SOLUTIONS

- Need sound? Listen to a podcast or music as you fall asleep.
- Need light? Try a red bulb. Research has shown this low wavelength can help restore natural sleep cycles.
- Turn off your electronic devices at least one hour before bedtime.

TRY PROGRESSIVE MUSCLE RELAXATION.

Lie down in bed or a comfortable chair.

Feet

Tighten the muscles in your toes and feet. Hold for 10 seconds, release and wiggle your feet. Repeat. Hold for 10 seconds. Now, visualize your toes sinking into the bed or chair.

Legs

Tighten the muscles in your calves and legs. Hold for 10 seconds, then release and wiggle your legs. Repeat. Hold for 10 seconds. Now, visualize your legs sinking into the bed or chair.

Stomach

Tighten the muscles in your stomach. Hold for 10 seconds, release, and take some nice deep breaths. Repeat. Hold for 10 seconds. Now, visualize your back melting into the bed or chair.

Arms

Tighten the muscles in your arms and hands. Pull your hands into tight fists. Hold for 10 seconds, release and wiggle your fingers out. Repeat. Hold for 10 seconds. And visualize your arms and hands sinking into the bed or chair.

Neck and Shoulders

Tighten the muscles in your neck and shoulders as if you are a turtle pulling your head into the shell. Lift your shoulders toward your ears. Hold for 10 seconds, relax, and wiggle your head back and forth gently from side to side. Repeat. Hold for 10 seconds. Now, visualize your shoulders falling back and sinking into the bed.

Face

Tense up your jaw and forehead, squeeze the muscles in your face, hold for 10 seconds, and gently relax your face, letting go of all the tension. Repeat. Hold for 10 seconds and relax the muscles, letting go of all the tension in your body. Notice your breathing and focus on slow, deep breaths.