**Common Sleep Offenders**

To be honest, we all have likely been guilty of some of these at least once. To make this list all I had to do was take a stroll down memory lane and think about all of the things I did over the years. Unintentionally or because, I thought “just this one time won’t hurt.” But who are we really hurting when we do not get enough sleep?

So, some common offenders of sleep are:

* Sleeping whenever, wherever.
* Eating or drinking right before bed. Spoiler alert, you are probably going to wake up needing to go to the bathroom. Also, if you eat right before bed, you are probably not giving your stomach enough time to digest the food which may cause heartburn.
* Taking caffeine a few hours before bed. Some people may be able to get away with it, and you just may not be one of them.
* Sleeping with the lights on.
* Sleeping with a TV in your room or falling asleep at your laptop. I know some people just really want that background noise, but if you are watching an action flick that gets your heart racing or watching a flashing screen, your body probably is not going to get the hint that it is time to sleep.
* Glaring at your alarm clock. Is it really your alarm clock’s fault that sleep is hiding out from you?
* Working in bed. I still do this. At times like this, it is good to practice some forgiveness in not being able to get everything done and allow your body to rest. Do not work in bed. Just do not do it.
* Reminding yourself of all those times you could not sleep and all the things that will go wrong if you have another night of poor sleep.
* I can only do it with a pill!

So, where do we go from here?

Well if you are having enough problems with sleep to listen to this podcast, it might not hurt to think about what your bad sleep habits may be. Then based on that think about what you can do to get ready for bed.

As we go on through the podcast, we will talk nire about what you can do for yourself and your kids to help them get a good night of sleep. We will also talk about why sleep is so essential and what happens when you close your eyes.

Please speak to your provider about further evaluation and treatment if despite making these changes you or your child still struggles with sleep.