



# HEALTHY LIVING SERIES



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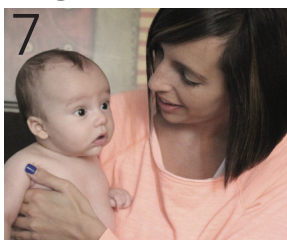
The information presented in this booklet is intended to complement any support someone with FASD might be receiving. The Healthy Living series is not a substitute for professional advice on medical, behavioural or educational matters.

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What is FASD?



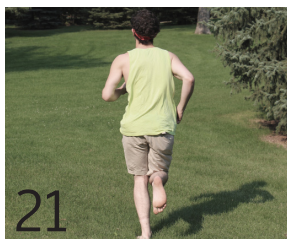
Pregnancy



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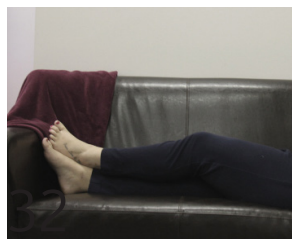
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WHAT IS FASD ●●●●●●

# WHAT IS FASD

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FASD is short for Fetal Alcohol Spectrum Disorder.  
FASD is a brain-based disability.

## HOW DOES THIS HAPPEN?

When a woman drinks alcohol while pregnant, the alcohol can change how the baby's brain grows before it is born. Alcohol causes a person's brain to work differently for the rest of his or her life.

## WHAT IS DIFFERENT ABOUT MY BRAIN?

Sometimes things can be more difficult if you live with FASD. For example, you might have problems with:

- Thinking
- Remembering things
- Telling stories
- Listening to what people are trying to tell you
- Paying attention

You may also have troubles with:

- How you act with other people
- Making and keeping friends
- Your mood changing a lot – feeling happy, then mad or upset quickly
- Changes in routine – you might not like doing new things
- Understanding time and money

People with FASD might notice that certain noises, smells or tastes are very strong. Or they may think that certain noises, smells or tastes aren't strong enough.

Some people with FASD have some different physical features but not everyone with FASD does.

## SUPPORT

It is important to remember that, with the right support, things such as trouble with police or drugs can be avoided. It is important for police to understand FASD. Sometimes people with FASD do not understand laws or rules and can get into trouble. It is important to have supports to help you if this happens.

### ALL MOTHERS CARE ABOUT THEIR CHILDREN

Mothers don't drink alcohol to hurt their babies.

Sometimes a mom does not know she is pregnant. Sometimes a mom does not know alcohol is bad for her or her baby or a mom could be dealing with an addiction to alcohol.

### FATHERS CAN HELP TO SUPPORT THE MOTHER

A father can support a baby's mom and help her to not drink. This might mean dad not drinking as well. He can go to her appointments and support her while she is pregnant.

## WHERE DO I GET A DIAGNOSIS

Give the Network a call on our toll free line and we can tell you where to go in your community. 1-866-673-3276.

Having a diagnosis of FASD can be very helpful and positive. It can:

- Provide answers for why you feel certain ways.
- Provide answers for why some things are harder for you.
- Help you understand yourself better.
- Help your family and friends understand what you need to feel supported.
- Allow for more services to be made available that you might not be able to afford on your own.





PREGNANCY



# WHAT IS PREGNANCY

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When a man and a woman have sex, the woman might become pregnant. When a woman is pregnant, a baby is growing inside her. The mother is responsible for taking care of herself and her growing child. The mother is not alone; her support group should be there to help her take care of herself and her baby. When the woman is healthy then the baby can grow inside her and be healthy too.

## WHEN CAN PREGNANCY HAPPEN?

Pregnancy can happen when a man and a woman don't have safe sex. Safe sex is sex using a condom or birth control. Sometimes condoms and birth control do not work. When they don't work, pregnancy can happen. You can also talk to your doctor or support worker about safe sex.

## HOW DO YOU KNOW YOU ARE PREGNANT?

Sometimes you might:

- Miss your period
- Be tired all the time
- Throw up a lot
- Have gas – fart and burp a lot
- Have tender breasts
- Bleed like at the start of your period
- Pee often
- Crave foods you don't normally like
- Find that some foods and smells make you want to throw up
- Have different cramps or aches in your body

You might feel a bit different  
than you usually feel.





## IF YOU THINK YOU ARE PREGNANT

Visit your doctor and ask for a pregnancy test. If you don't have a doctor, you can go to a walk-in clinic and ask for a pregnancy test.

What should you do if you find out that you are pregnant? Tell someone you trust such as a parent, grandparent, or support worker, so they can help and support you through your pregnancy.

These people can help you make a plan to prepare for the baby to come. Don't be afraid to ask for help and find support. All women need support when they are pregnant.

## What may happen while you are pregnant?

- A growing belly
- Bigger breasts
- Thicker hair
- Acne or pimples
- Puffy or swollen feet
- Stretch marks on the skin around your belly
- Feel nauseous or tired

## You should go see your doctor or a walk-in clinic if you:

- Start to bleed from the vagina
- Have a fever and chills or pain
- Can't keep food down because of throwing up
- Have to pee frequently and it hurts when you pee
- Have pelvic pain that won't go away
- Have a lot of vaginal discharge of thin fluid; this could be your water breaking.
- Are not able to keep down food or liquids

### What you SHOULD DO while pregnant:

- Make sure you have a doctor that you feel comfortable with.
- Go to all your doctor's appointments – you can bring a support person if that makes you feel more comfortable.
- Try to avoid drinking alcohol or doing any drugs. If you think you drank alcohol or used any drugs during your pregnancy, talk to someone you trust – a doctor, nurse, caregiver or support worker.
- Take prenatal vitamins. Prenatal vitamins are special vitamins for pregnant women to help you have a healthy baby. If you don't have enough money for prenatal vitamins, ask your support workers where you can get healthy vitamins for free.
- Walking or other easy exercise is good for you and the baby.
- Eat healthy. Read the Food and Nutrition section.

### What you SHOULD NOT do while pregnant:

- X Do not drink alcohol
- X Do not smoke cigarettes or cigars
- X Do not do any drugs
- X Do not drink a lot of caffeine
- X Do not do anything dangerous
- X Do not lift anything too heavy

If you have trouble not drinking or smoking while you are pregnant, you can talk to someone about it. There are a lot of places and people that can help you try to stop.

### Places that can help you:

Healthline – Dial 811

You can talk to a nurse at any time if you have medical questions.

FASD Network of Saskatchewan

You can talk to a Direct Support Professional and they can help you find clinics or services in your community.

Call 1-866-673-3276.



NUTRITION



# NUTRITION AND FOOD

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## WHAT FOODS SHOULD I EAT AND WHEN?

It is very important to eat at least three meals a day and have healthy snacks between meals. Sometimes people living with FASD don't feel hungry. Even if you don't feel hungry, make sure to eat meals and snacks.

It is important to eat the right food at the right time in the day. When you eat food that is healthy for you, you will feel better. When you eat unhealthy foods, it can make you feel tired or sick to your stomach.

It is important to eat food that is good for you. It will help you stay happy and strong. Foods that are healthy for your body are natural foods. This means:

- Foods that grow in the ground (potatoes, carrots)
- Foods that grow on trees (apples, bananas)
- Foods that come from animals (chicken, milk, eggs)

Food that is not good for your body is usually not expensive. For example:

- Junk food – chocolate bars, chips, candy
- Deep fried foods – chicken nuggets, french fries

*A lot of the information in this booklet is based on Canada's Food Guide. If you would like a copy of Canada's Food Guide you can Google Canada's Food Guide or you can call the Network and we can give you a printed copy.*



# BREAKFAST TIPS

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- Breakfast is the first meal of the day.
- It helps you stay awake and energized.
- You should eat breakfast soon after you wake up.
- Get up early enough so that you have time to eat breakfast before you go to school or work.

## Healthy foods to eat for breakfast:

- Cereal and milk (Look for cereal with “100% whole grain” on it)
- Fruits
- Hot oatmeal
- Eggs
- Brown or Multi-Grain toast
- Yogurt and granola
- Bran muffin or low fat muffin
- Homemade smoothies

## Unhealthy foods to eat for breakfast:

- |   |                     |   |           |
|---|---------------------|---|-----------|
| X | Doughnuts           | X | Pop       |
| X | Chocolate muffin    | X | Pop tarts |
| X | Sugar-coated cereal | X | Cake      |



# LUNCH TIPS

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- Lunch time happens in the middle of the day.
- It is always a good idea to pack up a lunch the night before if you will be at work or school during lunch time.
- Make sure to put your lunch in the fridge over night.
- It is important to make sure you have lunch so you have energy for the rest of the day.
- Your body needs food and so does your brain. If you do not eat lunch you might have low energy, feel grumpy or tired.

## Healthy food to eat for lunch:

Sandwiches or salads are good choices to take to work or school. You don't have to worry about heating them up. A good sandwich usually has meat, like turkey, ham or roast beef, or fish such as tuna. It's also a good idea to add vegetables to sandwiches, like tomatoes, lettuce and cucumbers. You can add anything to a salad. Be sure not to use a lot of dressing, because sometimes that can make a salad unhealthy.

Fruit at lunch will help keep you healthy and full of energy. Any kind of fruit is good to take for lunch including apples, oranges, bananas, berries and grapes.

If you don't want to take a sandwich, take leftovers from your supper the night before.

Adding some extra snacks to your lunch is a good idea, too. Yogurt, carrot sticks or granola bars can help to fill you up at lunch.

# SUPPER TIPS

- Eating a healthy meal for supper will help you feel good and sleep.
- A good supper usually includes a healthy choice of meat, vegetables, and grain.
- Most people eat supper between 5:00 p.m. and 7:00 p.m.
- It can be confusing to prepare meals. You might want to ask a friend, mentor or family member to help you practice cooking these meals.
- Some foods, like cucumbers and carrots for example, can be eaten without being cooked. Other foods – like beef, chicken and pork – need to be cooked well so you don't get sick.
- Ask a support person to show you how to use a meat thermometer so that your meat is always cooked safely.
- Items like instant noodles, instant pizza snacks, chicken fingers, microwavable burritos and frozen dinners have many ingredients that are not natural and are not the most healthy option for you.

Try picking one thing out of each list and divide your plate like in the image below to make a well balanced meal for yourself:

## Meat Options:

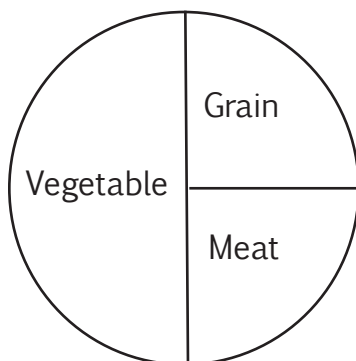
- Chicken breasts
- Fish
- Steak
- Pork Chops
- Ground Beef
- Turkey

## Vegetable Options:

- Cucumbers
- Carrots
- Broccoli
- Corn
- Cauliflower

## Grain Options:

- Rice
- Pasta
- Bread



# SNACK TIPS

Snacks are a smaller amount of food that keeps you from getting hungry in between meals. Bring healthy snacks to work or school. Examples of healthy snacks are listed in the chart below.

- |             |           |           |
|-------------|-----------|-----------|
| • Carrots   | • Apples  | • Yogurt  |
| • Celery    | • Grapes  | • Cheese  |
| • Broccoli  | • Oranges | • Nuts    |
| • Cucumbers | • Bananas | • Raisins |

You can eat snacks from this list at any time. Try not to eat sugary foods at night or you might have trouble falling asleep.

Try not to snack on chips, chocolate bars and deep fried foods any time of the day because they have a lot of sugar, salt and fat. These foods will give you energy for a short time but that energy will quickly leave making you feel more tired than before. If you are craving sugar, try eating fruit. If you are craving salt, try eating some nuts.



## Water

Water is better than any other drink because it doesn't have sugar, caffeine or fake ingredients. Water in your body helps keep you awake and full of energy.

If you don't drink enough water you will get tired more easily and might get dizzy or sick. Water is also good for your skin.



## HOW MUCH SHOULD I EAT?

The amount of food people should eat is different for each person. It is sometimes based on a person's age. Use Canada's Food Guide to start to think about the amount of food you should eat. Below is a simple list of amounts of food you should eat.

A serving is an amount of food you should eat at one time.  
Servings are different for different food groups.

### Grain Products

6-8 Servings a Day

It is better to eat bread with whole grains rather than the white kind. One slice of bread or an amount of rice about the size of your fist equals one serving.

### Meat & Alternatives

2- 3 Servings a Day

A serving size of meat is about the size of your fist.

One chicken breast, two eggs or a can of tuna are examples of one serving size of meat. Peanut butter is considered an alternative. Two tablespoons of peanut

### Fruits & Vegetables

7-10 Servings a Day

One orange, banana, apple, carrot or a stalk of celery are all one serving of fruit or vegetable.

### Milk Products

Under 19 years old:

3-4 Servings a Day

Over 19 years old:

2 Servings a Day

One glass of milk, two slices of cheese or a yogurt cup are considered one milk serving.

## FAST FOOD & FULL SERVICE DINING

Going out to eat can be a lot of fun and the best part is you don't have any cleaning up to do! There are two main types of places you can go out to eat: fast food and full service dining.

Fast Food is popular because it doesn't cost much money. Most fast food is cooked in grease and is less healthy than what you can cook at home. Fast food is also high in salt, fat and ingredients that are not natural.

However, there are more healthy options at these fast food places. If you order a burger, have salad instead of french fries. This will help create a more healthy, balanced meal.

There are some more healthy fast food locations such as sub shops or delis. These restaurants have choices that include fresh vegetables, healthier meats and whole grain breads.

Full Service Dining places have people who serve you and can cost more money than a fast food restaurant.

Just like fast food, full service dining has healthy and unhealthy choices. Try things like quesadillas, steak sandwiches or grilled chicken burgers. These items have lean meats that are better for you. Think about having soup or salad instead of fries.

Whether eating at fast food or full service restaurants,  
it's always a good idea to drink water instead of pop.  
Water is good for you and is free!

## PACKING A LUNCH

Packing lunches the day before you need them is a great way to make sure you eat healthy. It also saves time in the morning. After you've packed your lunch, don't forget to put it in the fridge so the food stays fresh. In the summer add a frozen ice pack to your lunch bag to keep food cold.

Make sure you leave yourself a reminder to grab your lunch in the morning. Maybe leave a note beside your alarm clock, by the phone or on the fridge.

## MENU PLANNING

Another great idea is to create a menu of what you plan to eat during the week so you know what to buy when you go to the grocery store. If you are not sure what things you'll need for the week, ask someone you trust to help you.

Below is an example of a meal plan. You can try creating your own as well.

### MONDAY

Breakfast: Cereal & Milk

Snack: Apple

Lunch: Sandwich & Carrot Slices

Snack: Cheese Slices

Supper: Spaghetti and Meatballs

DAY: \_\_\_\_\_

Breakfast: \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Snack: \_\_\_\_\_

Supper: \_\_\_\_\_



## HOW TO COOK

There are 3 main ways to cook meals at home:

1. Stove
2. Oven
3. Microwave

Some meals are easier to make than others. Preparing meals in the oven usually takes more attention and work but can provide you with a healthy and delicious meal. Microwaving food can be both good and bad. If you are heating food from a package, you are preparing processed foods which are bad for you. However, most people use microwaves simply to reheat leftover meals, which can be healthier food.

You should have someone you trust to help you cook your meals until you are comfortable cooking things on your own. Ask about using a meat thermometer for cooking so you can better understand when meat is ready to eat. Only cook a meal by yourself if you have practiced many times with someone else before.

If you are following a recipe and it seems very complicated, it's OK to ask for help or to try an easier recipe.



A person with dark curly hair, wearing a bright yellow-green tank top and light-colored shorts, is running barefoot on a green lawn. The person is seen from behind, with their arms slightly bent in a running motion. A red headband is visible around their head. The background shows a grassy field with some trees in the distance.

EXERCISE



# EXERCISE

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Exercise is about moving your body and can be done in many ways. People can choose to do easy exercise or harder types of exercise that make you very tired. All exercise is good exercise as long as it is safe and it doesn't hurt your body. Some people who are living with FASD find exercise helps calm them down if they are feeling frustrated, stressed or upset.

Exercise is not just good for your body; it is also good for your mind. When you exercise, your body releases chemicals in your brain that helps you feel good and healthy. So if you are stressed or depressed, going out for a nice long walk or jog will make your brain and body feel better.

## WHAT EXERCISE SHOULD I DO?

There are different ways to exercise. Going for a fast walk through the park, riding a bike around the neighbourhood and bowling are examples of exercise that won't make you too tired. Running, skating, snowboarding and swimming are exercises that make you sweat and feel out of breath. This is sometimes called Cardio.

Muscle building activities help to make strong muscles. These activities can include weight lifting or shoveling snow. These are also called Strength Training exercises.



## BE SAFE

If you are exercising by yourself, with a friend or a group, you should always make sure you are safe.

## WARM UP

Before you start to exercise, do some stretching and jogging on the spot to warm up your body and get it ready so that you don't hurt your muscles.

## GEAR UP

If you want to ride a bike, ski, skateboard, play football, hockey or do any other type of exercise where you could get hurt, make sure you wear all your safety gear. This means wearing a helmet, proper shoes and sometimes elbow pads, knee pads, gloves and goggles.

## DRINK WATER

Always drink plenty of water whenever you exercise. When you work out, your body sweats. That sweat means it's getting rid of water. To make sure your body doesn't get too hot, you have to drink water before, during and after you exercise. Signs you are getting too hot include dry mouth, dizziness, red/pink face and upset stomach. If you think you are too hot, drink some water. If you are outside, try to find some shade.

## EAT

Food is energy for your body. Eat something about 30 minutes before exercising and you will have energy to exercise. Make sure you eat healthy foods. Foods like chicken, steak and fish will give you the most energy before you exercise. You could also try yogurt, protein bars or granola bars.

## REST

Take breaks during your workout if you need to. Some people who are strength training take short breaks after each strength exercise they do.

Try to do cardio exercise 3 days a week for 30 minutes each day. Make sure you rest between days. Some people like to exercise one day and then rest the next day. This will help you make sure your body is not getting too tired.



## WHERE CAN I EXERCISE?

The best thing about exercising is that you can do it anywhere!

- HOME – Do yard work like rake leaves, shovel snow or cut the grass. Get outside and have fun like riding your bike or walking a dog. Go to a park and play frisbee, ride a sled or build a snowman.
- SCHOOL OR WORK– If you work or go to school in a building with an upstairs, take the stairs. If it's nice outside, walk to a park that is close by to eat your lunch.
- JOIN A TEAM – Some sports don't cost much. Some sports cost more than other sports. Have a support person look over your budget with you to help you decide what type of sport is right for you.
- FACILITY – Some leisure centres or community clubs

*Before you start any kind of exercise plan, it is always best to talk to a doctor, or a person you trust, about your exercise plan.*



## WHAT SHOULD I WEAR?

Wear outfits that are comfortable. Clean sweat pants, shorts, t-shirts, running shoes and hair tied in a ponytail will keep you comfortable and ready for exercise.

If you are on a team, you might wear a uniform. Depending on what sport you're playing, you might also have to wear equipment. Sports like football, hockey and lacrosse require lots of padding. Other sports like soccer, baseball and curling need less equipment.

You should always make sure you are clean so that you don't smell. Wear clean clothes when you exercise. Even if your body is clean, the smell of sweat will stay in your clothes and make you smell bad. It is a good idea to put an extra set of gym clothes in your locker or bag.

## TIPS FOR CLEANLINESS

- Take a bath or shower each day even if you are not exercising. Showering and bathing keeps you clean and removes bad body smells. Make sure to use soap and shampoo.
- Always wear deodorant on your armpits. Deodorant will help make you smell good.
- Always wear clean clothing when you exercise.

## MAKE IT FUN

- Listen to music – If you are doing yard work or going for a walk, put on your headphones and listen to some of your favourite music from a music player. Music will help you get into a groove and help you enjoy the exercise.
- Go with a friend – Exercising is also a great way to make friends or spend time with people you already know.
- Pick something you enjoy – Whatever type of exercise or sport you do, make sure it's something you like. If you pick a sport or activity that you don't enjoy, try something different.





STRESS



# WHAT IS STRESS?

You can feel stress in your body and your mind. When you are stressed, you might feel your heart beat faster, sweat more, become jumpy, have an upset stomach or feel nervous. These feelings are normal when you feel stress. These feelings help you know that you are feeling stressed.

People can have good stress or stress that makes you feel bad.

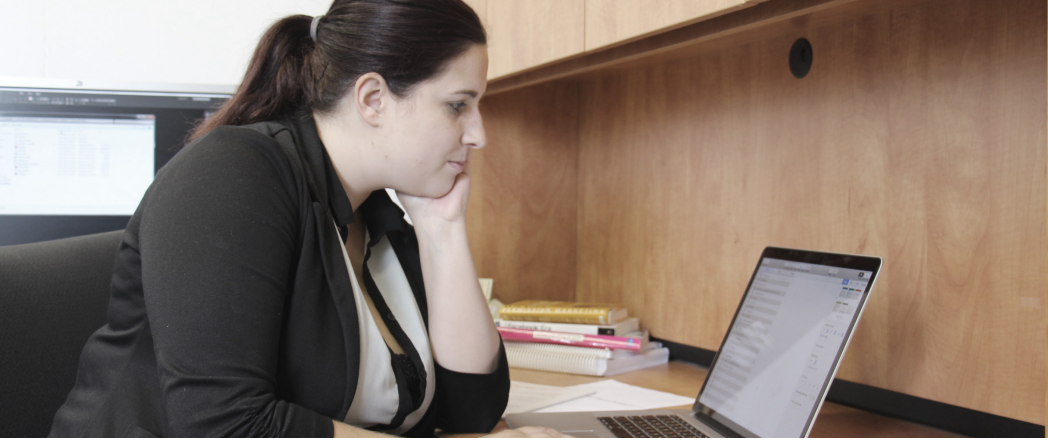
## Examples of GOOD STRESS:

- Hitting a home run
- Scoring a winning basket
- Going to a music concert
- Receiving an award

## Examples of STRESS THAT MAKES YOU FEEL BAD:

- Taking a test you haven't studied for
- Getting in trouble from a parent
- Having too much work to do at your job

Most people feel stress, but what really matters is how you cope with it. Stress happens every day. If you do not cope with stress in a good way, it can lead to other problems. When stress is not coped with in a good way it can lead to mental health issues, lack of sleep, weight gain and many other unhealthy situations.



## WHAT DOES “STRESSED OUT” MEAN?

Everyone has stress. When people have trouble finding the right way to deal or cope with stress they may say they are “stressed out.” Stressed out means that you feel stress in parts of your life and you need help finding a way to calm down your stress.

When you feel stressed out, you might be:

- Feeling sad a lot
- Not feeling hungry or feeling hungry all the time
- Worried all the time
- Angry with people
- Not able to laugh about things
- Feeling bad about yourself
- Not able to pay attention

When your body feels stress, you might:

- Have headaches
- Have skin problems like pimples or rashes
- Be tired all the time
- Be hungry all the time or not be hungry at all
- Get sick with colds and the flu more than usual
- Gain weight or lose weight
- Have trouble sleeping

## WHAT CAN I DO TO MANAGE STRESS?

By taking some extra time for yourself you will be able to find out how to manage your stress. Remember that everyone is different. Here are some things that you can try.

### 1. Talk to people you trust:

Sometimes all you need to do is talk to someone about stress. You can talk to your parents, a friend or someone you are comfortable with. Don't forget that the people around you need to know when you are stressed out so they can find ways to help you.

### 2. Exercise:

Exercise reduces stress! It gives you more energy. If you take the time to exercise each day, you will be doing something good for your body which will make your mind feel better too. When you have a healthy body it helps you have a healthy mind.

### 3. Eat Healthy:

When you are stressed out it can sometimes be hard to remember to eat healthy. Eating high sugar foods such as candy, or salty foods such as chips, will give you less energy. Use our food and nutrition section of this booklet to help make sure you are eating from all food groups.



#### 4. Find a way to relax :

There are a lot of ways to relax. Try out a few until you find something you like. Here are a few things you could try:

- Yoga
- Watching TV
- Having a bath
- Going for a walk
- Spend time with a friend
- Listen to music
- Meditation
- Writing in a journal

#### 5. Don't forget to laugh:

Laughing can sometimes help with stress. If you are finding the stress hard to cope with, laughing at something funny can make you feel better. Try watching a funny movie, TV show or Youtube video, read some comic strips or have a laugh with some friends. These activities will give your brain a break.



6. Make a list:

If you are feeling like you have too many things to do, put them on a “to do” list. Make sure to include the date when your tasks need to be finished. This will help you to decide which tasks need to be done first. Remember to check things off once they are done.

You can try using this list below to get you started. We’ve included an example on the first line.

My To Do List

What do I need to do?	When do I need to do it?	Done?
· Wash work clothing	· Saturday 8:00PM	Yes
· _____	· _____	_____
· _____	· _____	_____
· _____	· _____	_____

Remember that eating well, exercising and getting the right amount of sleep will help you with stress. Please read the other booklets in the Healthy Living Series. It is important to take care of your body and your mind.

SLEEP



# SLEEP

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Sleeping is how we let our brains and our bodies rest.

You have probably noticed that when you have not slept, you feel tired during the day. Some people feel grouchy if they didn't sleep enough. Good sleep patterns (also called the sleep/wake cycle) are very important to your health. The better you sleep at night the better you will feel during the day.

## SLEEP & FASD

Many people with FASD find it hard to fall asleep, stay asleep through the night and wake up in the morning. There are many reasons why sleep can be hard when you live with FASD:

- Too much light in your bedroom
- Sheets & blankets that don't feel right (too scratchy or rough)
- Feeling stressed
- Your brain is having trouble resting

## HOW MUCH SLEEP DO I NEED EACH NIGHT?

The amount of sleep needed to feel good the next day is different for each person.

For teens up to the age of 17, 8 to 9 hours of sleep is best. For people 18 years old and up, 7 to 9 hours of sleep is best.

If you have trouble with time, ask your support worker or a family member to help you figure out how to get the right amount of sleep.

How do you know if you're not getting enough sleep?

- You yawn during the day
- You fall asleep in school, at work or on the bus
- You are grouchy
- You feel like you do not have any energy to do things
- You have red, itchy eyes or darkness under your eyes

## ROUTINE

One of the best ways to make sure you get enough sleep at night is to follow a bedtime routine. If you go to sleep and wake up at the same time each day, your body will develop a routine. A routine will make it easier to fall asleep, stay asleep at night and wake up in the morning.

Examples of sleep routines:

Example: Jen is 15 years old and she has to be at school at 9:00 a.m. each day.

Go to sleep - 11:00 p.m.

Wake up - 7:00 a.m.

Catch bus - 8:15 a.m.

This routine gives Jen 8 hours of sleep and some time to get ready in the morning and catch the bus on time.

Example: Mark is 32 years old and he works at 7:30 a.m. each day.

Go to sleep - 10:30 p.m.

Wake up - 6:30 a.m.

Walk to work- 7:00 a.m.

This routine gives Mark 8 hours of sleep and some time to get ready in the morning and get to work on time.

Your routine may not be the same as Jen's or Mark's. That is OK. Try going to bed and waking up at different times to see what works best for you.

## TIPS TO HELP GET ENOUGH SLEEP

- Turn on a fan and/or listen to soft, relaxing music to block out other noises that might keep you awake at night.
- Make sure your bedroom is very dark. A little bit of light coming in is OK. Thick, black curtains (also called light blockers) are great at keeping light from coming in the room. If you can't change your curtains, try using a sleep mask that covers your eyes.
- Make sure your bedroom is not too hot or too cold.
- Keep the computer or cell phone out of the bedroom.
- Limit the number of pictures on the wall.
- A hot bath or shower before bed time will help you to relax and help you fall asleep.
- Talk to your support person about things that might help you fall asleep. Some medications can help with sleep but only a doctor can decide if such medications are right for you.

## EXERCISE & FALLING ASLEEP

You should not exercise too close to bedtime. Getting exercise during the day is a terrific and healthy way to help you sleep at night.

### TIPS

Exercise right after work or school. Your body temperature will rise and then when it is time to fall asleep your body will cool down, helping you fall asleep.

Exercise that gets your heart pumping faster (called “cardio”) is best to help with sleep. Exercise during the day or before supper to help you sleep at night. Do things you enjoy, like going for a run, a fast walk, a bike ride or a swim. Play a sport like hockey, soccer or basketball. Whatever you do, try to do it at the same time each day.

Doing some kind of exercise in the morning will help you feel more awake and able to stay awake during the day.



# FOOD & SLEEP

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## FOOD THAT HELPS YOU SLEEP

Some foods will help you to get a good night's sleep. Having fish for supper will help you sleep. Fish is easy for your body to digest.

A small snack about one hour before bed is a good idea so that you don't wake up hungry during the night. Try foods like pretzels, crackers, cereal, or toast to help you sleep at night. A warmed-up glass of milk an hour before bed can help you to fall asleep.

Bananas are not only delicious and cheap to buy, but they will also help you fall asleep at night.

## TRY NOT TO HAVE

Drinks that have caffeine. Caffeine can be found in coffee, tea and pop. Energy drinks also have a lot of caffeine. Having a drink with caffeine close to bedtime can keep you awake at night. Eating heavy meats, like steak and pork, are harder for your stomach to use and can affect your sleep. Try having steak or pork for lunch instead of supper so that your body has time to digest the meat.

Candy and chocolate are filled with sugar. Sugar gives you a burst of energy, which can make it hard to fall asleep.

Some foods make you have to use the bathroom more than usual. These foods are called diuretic foods. Diuretic is a word that means you pee more. Some foods that are diuretics are coffee, lemons, water and carrots. If you eat or drink these foods close to bedtime, you will most likely have to get up in the middle of the night to go to the bathroom.

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