



## Quick Recap

Healthy sleep restores energy, mood, and focus. A steady routine and calming bedroom support deep rest each night.

### Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

*This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.*



## A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know about restful sleep, what to watch for, and how we help at home.

*“With good sleep, daily life feels lighter, brighter, and more like the things you love.”*

## Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



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# Importance of Sleep and Rest

A Wellness Guide for Restorative Sleep at Home



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

## DAILY CARE



### ● Tips at Home

Practical day-to-day tips for restful sleep and steady energy at home.

Build a calm bedtime routine — same wind-down, same lights, and same time each night. Note any changes and share them with your healthcare providers.

- Aim for 7-9 hours of sleep each night; consistent times help most.
- Dim screens and bright lights an hour before bed.
- Keep the bedroom cool, dark, and quiet for deeper sleep.
- Limit caffeine after noon and heavy meals close to bedtime.
- Wind down with calm activities (reading, slow breathing, soft music) for 30-60 min.

## WATCH CLOSELY



### ● What to Watch For

Knowing the signs early means quicker comfort and safer days.

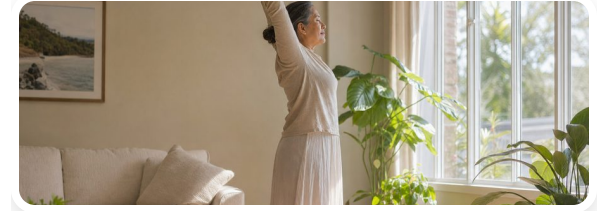
- Track loud snoring, gasping, daytime fatigue, and morning headaches.
- Note trouble falling or staying asleep more than 3 nights a week.

### Good to know

- Most adults need 7-9 hours; older adults often do best with 7-8.
- Poor sleep can worsen pain, blood pressure, and mood.

**When to call:** Severe daytime sleepiness, choking at night, or a serious accident from fatigue — call your nurse or doctor. Call **911** for emergencies.

## STAY STRONG



### ● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one quiet evening, one steady bedtime, one peaceful morning brightens the whole day.

- Daylight in the morning helps reset your sleep cycle.
- Short daytime naps under 30 minutes; avoid late naps.
- Gentle stretching or breathing before bed eases tension.
- A simple gratitude or worry list calms the mind for sleep.
- Move your body daily — short walks improve deep sleep at night.