



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



DR. T'S MENTAL HEALTH MINUTE

Getting good sleep on a regular basis is a key component to positive mental health and overall wellness.

The Sleep Foundation explains sleep hygiene as “practices and behaviors that influence sleep quality and duration.” These considerations can include, but are not limited to, your routines (both bedtime and morning), as well as your diet, exercise, and daily habits. It is important to understand that sleep hygiene is not a one-size-fits-all approach for everyone. Some helpful sleep hygiene tips are: establish a sleep schedule every day of the week (and aim to limit “sleeping in” to less than an hour on your days off); create a comfortable sleep environment that’s adequately quiet and dark (consider blackout curtains, sleep masks, fans or noise machines). Also, don’t force yourself to sleep if you haven’t fallen asleep after 20 minutes, as you may find it helpful to do something calming (i.e., reading, journaling – something with neutral stimulation).

Neuroscientist and sleep expert Matthew Walker humorously describes sleep as “the greatest legal performance enhancing drug.” However, it is his belief that it is not nearly utilized enough by performers. A unique aspect about performance is that it is not exclusively found on a court, field, or track. Each of us has the unique opportunity to perform through our responsibilities at work, personal relationships, and chances for personal development. We have learned that restful sleep is integral for performance enhancement, but it can be especially critical after performance to experience proper recovery. On average, adults (18-60+) need approximately 7-8 hours of sleep each night. Elite athletes usually require around 10 hours of adequate sleep. Determining your needs regarding sleep hygiene can help ensure that you’re able to effectively navigate the various areas in your life with the necessary mental and physical energy to perform at a high standard.



PLEASE TAKE A FEW MINUTES AND CONSIDER THE QUESTIONS BELOW, AS THEY CAN ASSIST YOU IN CREATING YOUR OPTIMAL SLEEP HYGIENE PLAN.

- Are you satisfied with the quality of your sleep?
- Are you sleeping 7-8 hours per night consistently?
- Can you stay awake all day without feeling like you’re going to doze off?
- How consistent are your bedtime and morning routines?
- What is your sleep environment like, and is it conducive to quality sleep?
- What habits during your daily life might detract from your sleep hygiene?
- What habits during your daily life might support your sleep hygiene?

SOURCE(S):

[Neuroscientist & Sleep Expert Matthew Walker Explains Why All Star Athletes Sleep 10+ Hours a Day - YouTube](#)
[Physical Health and Sleep: How are They Connected? | Sleep Foundation](#)
[CDC - How Much Sleep Do I Need? - Sleep and Sleep Disorders](#)



SHAUN TYRANCE, PH.D

Team Clinician Dr. Shaun Tyrance enters his third NFL season with the Chiefs in 2021. Dr. Shaun Tyrance joined the NFL as just the second full-time team clinician hired by an NFL team. As a licensed therapist who specializes in working with athletes, Tyrance joins the Chiefs with years of experience helping players and coaches perform at their highest levels personally and professionally. His athletic experience extends across the professional and collegiate ranks, covering a wide-ranging list of sports, including football, basketball, baseball, golf and motorsports. In addition to working with athletes and coaches, Tyrance has consulted with Fortune 500 companies to help them hire the best individuals and get the most out of their employees.

Explore more at the [Chiefs Wellness Program homepage](#) -->