

# Gulf Oil Spill: Get the Facts

## MENTAL HEALTH RESOURCES

### ESCAMBIA COUNTY

LAKEVIEW CENTER  
1221 W. LAKEVIEW AVE.  
PENSACOLA, FL 32501  
(850) 469-3500

24-HOUR CRISIS LINE  
850.438.1617

### SANTA ROSA COUNTY

AVALON CENTER OF  
LAKEVIEW  
6024 SPIKES WAY  
MILTON, FL 32570  
850.437.8900

24-HOUR CRISIS LINE  
850.438.1617

### OKALOOSA COUNTY

BRIDGEWAY CENTER  
24-HOUR CRISIS LINE  
850.833.9200

### WALTON COUNTY

COPE CENTER  
24-HOUR CRISIS LINE  
850.892.4357

If you need additional behavioral health assistance, please contact your local community provider listed above.



## Importance of Sleep in Managing Stress

When we are stressed out, as many of us are with the Gulf oil spill, it can begin to have a negative impact on our regular sleep patterns. Lack of sleep in turn can increase our stress levels and decrease our ability to manage that stress. Here are some basics on healthy sleep.

### Essential for Health

- A good night's sleep is important to a healthy lifestyle. Sleep affects all aspects of your day – from how you feel, to your relationships, productivity and ultimately your quality of life.
- The average adult requires 7-8 hours of sleep per night. However, some people may need as much as 10 hours a night, while others need much less.
- If you tend to sleep longer on the weekends than you do during the week, you probably are not meeting your personal sleep requirement.

### Better Sleep Tips

- Try to go to bed and wake up at the same time every day – this helps keep your 'biological' clock in sync.
- Establish a regular bedtime routine.

- Sleep in a dark, quiet, comfortable and cool sleep environment.
- Finish eating large meals two to three hours before bedtime.
- Be physically active! People who exercise every day sleep better than those who are not physically active. Plan to complete your workout a few hours before bedtime.
- Avoid nicotine, caffeine and alcohol.



### How Stressed Are We?

The Better Sleep Council reveals the following statistics:

- 66% of Americans are losing sleep due to stress.
- 32% of Americans are losing sleep at least one night per week.
- 16% of Americans experience stress-induced insomnia (inability to fall asleep).

### Sleep Debt

Can you make up for lost sleep during the week by sleeping more on the weekends?

NO. If you sleep more on the weekends than during the week – this equals a 'sleep debt.' The only way to reduce the debt is to sleep as much as your body needs every night. Make sleep a health priority!

### Make Your Bedroom 'Sleep-Friendly'

- Be sure your mattress is comfortable and supportive. If you sleep with a partner, your mattress should allow both of you enough space to move easily.
- Light is one of the body's most powerful time cues. The rising sun can wake up the brain long before the alarm goes off.
- Sudden loud noises can disrupt sleep. Steady, low sounds, such as a fan are soothing because they help block distracting noises.
- The ideal bedroom temperature is 60° to 65° Fahrenheit. A room that is too warm or too cool can disrupt comfortable sleep.