



Sister Slumber - Black Beauty Rest

Sleep Tips for Black Women: Prioritizing Rest for Health and Wellness

Empowering Black women to achieve better mental, physical, & emotional health through sleep.

Why Sleep Matters for Black Women

- **Stress and Health:** Chronic stress and systemic challenges can impact sleep quality. Prioritizing rest helps combat stress-related conditions such as high blood pressure, diabetes, and mental health struggles.
- **Hormonal Health:** Adequate sleep supports hormonal balance, reducing risks of conditions like PCOS and weight gain.
- **Empowerment through Rest:** Rest is not a luxury—it's a necessity for well-being and success.

Quick Tips for Better Sleep

1. Establish a Relaxing Bedtime Routine

- Create a nightly wind-down ritual such as meditation, journaling, or reading.
- Avoid screens (phones, TVs) 1–2 hours before bed to reduce exposure to blue light.

2. Optimize Your Sleep Environment

- Keep your bedroom cool, quiet, and dark.
- Invest in a comfortable mattress and pillows—your sleep is worth it!
- Use blackout curtains or a sleep mask to block out light.

3. Nourish Your Body and Mind

- Avoid caffeine and heavy meals 4–6 hours before bedtime.
- Incorporate calming herbal teas like chamomile or valerian root.
- Practice gratitude or prayer before bed to calm your mind.

4. Stay Active During the Day

- Engage in regular physical activity, but avoid intense exercise close to bedtime.
- Even gentle stretching or yoga can help relax your body.
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5. Manage Stress with Intention

- Use mindfulness techniques, like deep breathing or guided imagery, to release daily stress.
- Seek support from trusted friends, family, or therapists.

6. Honor Your Sleep Schedule

- Aim for 7–9 hours of sleep per night.
- Go to bed and wake up at the same time daily, even on weekends.

Sleep Tips for Specific Challenges

For Natural Hair Care Routines

- Use a silk or satin bonnet or pillowcase to protect your hair while ensuring comfort.
- Incorporate hair-care routines earlier in the evening to avoid stress before bed.

For Night Shift Workers

- Stick to a consistent sleep schedule, even on off days.
- Use blackout curtains during the day and white noise machines to mimic nighttime conditions.

For Women with Chronic Illness

- Work with a healthcare provider to address conditions like diabetes or sleep apnea.
- Keep a sleep diary to track patterns and discuss them with your doctor.

Empowering Rest is a Form of Resistance

As Black women, our strength is undeniable, but true power lies in our ability to rest and recharge. Make sleep a priority, and watch your health and dreams flourish.

Need More Support? Visit SleepWiseHealth.com or call us at **617 651-0821** for tailored resources, webinars, and tools designed to help you achieve restful, restorative sleep.

From Rest to Health Success, one night at a time!