



# Top 10 Tips for Managing Sleep Deprivation FOR WORKING PARENTS

Juggling a new baby and returning to work is no small feat. We all know that sleep deprivation can be a real struggle during this time. But fear not! We've gathered our top 10 tips to help you tackle sleep deprivation and make it through your workday like the superparent (and professional) that you are. Let's dive in!

1. **Get outdoors:** Getting some fresh air and exposing your skin to some sunlight may help to rouse your senses back to life. Vitamin D is an essential electrolyte and low levels of this nutrient can be associated with fatigue.
2. **Fuel your day:** Stick to lighter meals and frequent snacks, just like you do with your little one! Try fruits such as bananas or apples that contain slow-release sugar and in turn, give you energy over a longer period of time.
3. **Work it out:** Exercise releases endorphins, which will make you sharper and more alert. The key is to keep it to a short time frame – just enough to trigger those endorphins, but not long enough to exhaust you entirely.
4. **Turn up the lights:** Your eyes have specialized light receptors that try to keep you awake when it's light out, and help you go to sleep when it's dark. Humans are built to be up and about with the sun - but evolutionary biology means that we can't tell the difference between natural and artificial light so keeping the lights on (the higher the better!) will help fool your body into thinking it's supposed to be awake.
5. **Dance break:** Create a go-to playlist for impromptu family dance parties. Nothing beats sleepiness like grooving to your favorite tunes!





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- 6. Ask for help:** You can do anything but you can't do everything. Know your limits and ask your partner, family members, friends, neighbors, coworkers... those who are part of your village will be happy to pitch in as needed when you need to rest. Have a hard time asking for help or delegating? Ask yourself: would you do the same for others? The answer is likely yes.
- 7. Have a back pocket plan:** Sleep deprivation can make you irritable. Instead of working yourself up into a panic, try to find a moment of stillness and take a deep breath. Practicing breathing techniques can help to gently lower your stress levels and bring you away from the frantic activity in your mind.
- 8. Just say no:** Sleep deprivation has an impact on your cognitive function, affecting your short-term memory and concentration. Take this opportunity to be kind to yourself and say no to things that aren't serving you - you're allowed!
- 9. Game your day:** Research shows that sleep deprivation can be most harmful on novel tasks. Easily complete the "I can could do that in my sleep!" items, but if you have to tackle more complex things, do them first when you're most alert.
- 10. Go home:** This isn't the day to put in overtime! You accomplished your most important tasks and made it all the way through. Go home and enjoy a relaxing evening and hopefully better sleep than the night before.



HAVE MORE QUESTIONS?

# Get in touch with team Josie:



[hello@myjosie.com](mailto:hello@myjosie.com)



[Josie](#)



[@myjosieinc](#)



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**josie\***