



MHealthy Self Care:

SLEEP



Sleep is vital for a person's overall health and well-being, yet the majority of people don't get enough sleep on a regular basis and many suffer from sleep deprivation. In general, the average adult needs 8 hours of sleep a night. Not meeting your body's sleep needs can lead to daytime sleepiness that can interfere with daily activities and lead to other health problems.

WHY WE NEED SLEEP:

Drowsiness causes accidents. Drowsiness can slow reaction time as much as drunk driving. The National Highway Traffic Safety Administration estimates that sleepiness plays a role in 100,000 auto crashes and 1,550 crash-related deaths a year in the U.S.

Lack of sleep can lead to weight gain. Insufficient sleep has been linked to weight gain through changes in hormone levels that increase hunger and appetite.

Losing sleep effects your memory and learning. Through a process called memory consolidation, sleep helps our brains remember new information.

We look older if we don't get enough sleep. Chronic sleep loss can lead to dull skin, enhance fine lines and worsen dark circles under the eyes.

Sleep deprivation impairs judgment. Not getting enough sleep can have an impact on how we interpret situations. Sleep loss affects our ability to make judgments because we may not accurately evaluate an event.

Sleep loss can lead to health problems. Chronic sleep loss can put you at risk for serious health conditions like: Heart disease, heart attack, heart failure, high blood pressure, stroke and diabetes

6 TIPS FOR A SOUNDER SLUMBER

1. **Stick to a sleep/wake schedule**
2. **Careful with caffeine, nicotine and alcohol before bedtime** – try to refrain from consuming any of these in the hours before you go to bed
3. **Watch what you eat** – try to avoid going to bed too hungry or too full, as the discomfort can affect your ability to get to sleep
4. **Start a bedtime routine** – relaxing activities like a warm bath or reading a book, can help you to transition from being awake to drowsiness, promoting better sleep
5. **Assess your sleep environment** – turn off the electronics and make sure the room is dark, quiet and comfortable
6. **Get some exercise** – regular physical activity can help you sleep better but make sure to complete your workouts at least 3 hours before bed time