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