

# Health Tip

## Sleep for Health

Think you do just fine getting 5 or 6 hours of sleep? Like the nearly **35 percent** of adults getting less than the recommended 7+ hours, you are short-changing yourself. Sleep affects every aspect of your waking life—it is essential to your overall well-being.

Poor quality and insufficient sleep has short-term and long-term consequences. In the short-term, poor sleep may result in loss of attention span, poor decision-making, fatigue and irritability, while long-term implications, which are more compelling, include an increased risk for obesity, diabetes, high blood pressure, heart disease and stroke, and depression.<sup>1</sup>



Get 7-9 hours of sleep each night.



Helps maintain brain function.



Helps reduce your risk for disease.



Helps improve daytime performance and safety.



Helps improve your emotional health.



Seek help if you are not getting a good night's rest.

### A list of “to-do’s” that may help you snooze.

<b>Power down to recharge</b>	Blue light from screens can disrupt your circadian rhythm and affect your ability to sleep. Turn off your mobile devices at least 30 minutes before you head to bed.
<b>Keep a regular pattern of bedtime and waking</b>	Try going to bed and waking up around the same time every day (yes, even on the weekends).
<b>Make your bedroom all about sleep</b>	A comfortable mattress, pillow and bedding will help you get a good night's sleep. Keep your room dark, cool and quiet (you may consider using “white noise” to mask startling sounds).
<b>Say “no” to that late-day “cup of joe”</b>	Because it is a stimulant, caffeine may disrupt sleep. Avoid caffeine after lunch. Also, avoid alcohol before bed. Even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.
<b>Still awake?</b>	If you don't fall asleep within 20 minutes or so, get up and go into another room and do something relaxing, such as reading or listening to soft music until you feel tired.

<sup>1</sup> Source: Adapted from the National Institute of Health. <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>, 2017.

The information provided in this flier is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.