



Take Care of YOU

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A Wake-Up Call for Better Sleep

Tips for Getting Better Quality Sleep

- Maintain consistent sleeping and waking hours
- Create a restful environment (dark, quiet, and comfortable temperature)
- Refrain from using electronic devices at least two hours before bedtime
- Make time at night for relaxing activities such as reading, meditating, and stretching
- Avoid large meals, caffeine, nicotine, and alcohol before bed
- Engage in physical activity each day (but not too close to bedtime)
- Limit daytime naps
- Try to resolve stresses and worries before bedtime
- Keep a gratitude log

We all experience occasional sleepless nights—whether because of personal lifestyles, work and family schedules, or stressful seasons—but when we consistently experience sleep deprivation or poor quality sleep, it can have detrimental effects on our health. When we wake up, we move. When we sleep, we rest. This is the proper balance that keeps our brains and bodies working properly and determines our general wellbeing. Experts recommend that adults sleep 7-9 hours per 24 hours, and adolescents sleep 8-12 hours depending on age. For most people, these are the amounts needed to support health, metabolism, energy restoration, stress management, learning, and memory functions.

The cost of poor sleep is much greater than many people think. Not only does it leave us feeling moody, fatigued, and forgetful, but sleep deficiency can have profound consequences for our long-term health, including an increased risk of heart disease, kidney disease, high blood pressure, high cholesterol, stroke, type 2 diabetes, obesity, dementia, depression, anxiety, asthma, headaches, hormone imbalances, and some cancers. Furthermore, we have fewer active immunity protectors (making us three times more likely to catch a cold or flu when exposed), and our bodies are more prone to injury.

Treating sleep as a priority, rather than a luxury, is one of the most important steps we can take to maintain good health. If you struggle with insomnia or sleeplessness, or if you make an effort to improve your sleep quality and continue to have problems, talk to your healthcare provider. They can help identify and treat underlying causes so you can start getting the sleep that you deserve.

Sources: Johns Hopkins Medicine; Centers for Disease Control (CDC)