HEALTHY SLEEP

Why do we need sleep?

Sleep gives our mind and bodies a recharge that leaves us feeling refreshed and prepared for the day ahead. Sleep promotes healthy brain function, keeps our emotions in check, and reduces the risk of disease. A chronic lack of sleep is associated with high blood pressure, heart attack, heart failure, obesity, risk for cancer and stroke. It also affects your mental health and quality of health. The National Sleep Foundation recommends adults sleep 7-9 hours per day.

Creating a healthy sleep routine is important. Here are some great ideas to incorporate in your nightly routine to fall asleep fast, get a quality night's sleep, and wake up ready for the day!

1. **SET A CONSISTENT SLEEP SCHEDULE**. Going to bed and waking up at the same time every day, even on weekends reinforces the natural sleep-wake cycle in your body. Over time your body will get used to this routine and sleep longer.
2. **USE THE BEDROOM TO SLEEP**. Watching TV, using computers, checking e-mails, etc. in bed can all keep your mind going and make it harder for you to fall asleep.
3. **BLOCK OUT UNWANTED NOISE**. Try to reduce any noise that will interrupt your sleep. A fan or sound machine can create white noise & block out other sounds.
4. **LIMIT WATER INTAKE IN THE EVENING**. It is important to stay hydrated but concentrate your fluid intake to during the day and early evening. If you drink too much in the late evening your sleep will be interrupted by trips to the bathroom.

How can we achieve these goals? Make your bedroom inviting and comfortable. Be self-aware about what you are consuming three hours before you go to bed. Create a personal space to implement movement into your daily life. Do not be discouraged if you aren't able to reach your sleep goals right away. Keep moving forward and you will start to notice improvements in your daily life!