

APR

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Seeking Better Health and Wellness? Sleep on It!

Did you know that the amount of quality sleep you get each night is linked to your overall health? Lack of sleep over time is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke. Don't short-change yourself on sleep or the benefits associated with getting a good night's rest:

- Better productivity and concentration.
- Lower risk of weight gain.
- Better calorie regulation.
- Greater athletic performance.
- Lower risk of heart disease.
- More social and emotional intelligence.
- Lower risk of depression.
- Reduced inflammation.

Mayo Clinic advocates taking six steps to better sleep. Start by adopting two steps each week in order to improve your quality of sleep within a month.



- 1. Stick to a sleep schedule.** Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Try to go to bed and get up at the same time every day.
- 2. Pay attention to what you eat and drink.** Don't go to bed hungry or stuffed. Avoid heavy or large meals within a couple hours of bedtime. And while alcohol may make you feel sleepy, it actually reduces the amount of quality sleep you get at night.
- 3. Create a restful environment.** Create a space that's ideal for sleeping. Often this means cool, dark and quiet.
- 4. Limit daytime naps.** Limit naps to no more than 30 minutes and avoid naps late in the day.
- 5. Include physical activity in your daily routine.** Regular physical activity can promote better sleep.
- 6. Manage your worries.** Try and resolve your worries or concerns before bedtime. Before you go to bed, jot down what's on your mind to help you set it aside for tomorrow.

