

SLEEP MORE SOUNDLY

Sleep is crucial for maintaining good health! Getting enough sleep is important for physical and mental restoration, conservation of body energy, immune system health, and mental health. Memories are consolidated and learning is synthesized during sleep. It also helps you maintain a healthy metabolism and serves a role in hunger regulation. Sleep deprivation can have various negative effects such as sluggishness, low attention span, depressed mood, decreased sociability, insulin resistance, and decreased caloric burn throughout the day.

Common Sleep Disrupters:

- Caffeine and alcohol use
- Blue light from phone/computer/TV screens
- Stress, anxiety, and/or worry
- Lack of daytime sunlight exposure
- Medications and medical conditions
- Too much food or drink close to sleep time

Tips for Better Sleep!

- * Establish a regular sleep schedule, meaning the same sleep and wake times
- * Limit electronic use before bedtime
- * Minimize/eliminate bedroom noise and lights-
- * Increase daytime exposure to sunlight
- * Move at least every hour during the day
- * Limit alcohol and caffeine, especially in the evening

Resources

- American Sleep Association—sleepassociation.org
- Sleepeducation.org
- Apps—Headspace



PROGRESS - Better Version of myself:

You are here and you are committing to progress.

Assess - Evaluate current sleep management habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make sleep a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.