

SLEEP MORE SOUNDLY

Sleep is crucial for maintaining good health! Getting enough sleep is important for physical and mental restoration, 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, as well as lowers your risk for other serious health issues such as cardiovascular disease and high blood pressure.

Effects of Sleep Deprivation:

- Sluggishness/low energy
- Decreased caloric burn throughout the day
- Inability to focus
- Decreased performance and ability to cope with challenges
- Depressed mood

Common Sleep Disrupters:

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

Tips for Better Sleep!

- * Establish a regular sleep schedule (same sleep and wake time)
- * 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
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Resources

- American Sleep Association—sleepassociation.org
- Sleeducation.org



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.