



## A Good Night's Sleep



Most healthy adults need **7-9** hours of sleep each night to function optimally.

### Why is getting an adequate amount of sleep helpful?

There is work the body needs to do while we are asleep that cannot be done while awake.

- Restoration of body
- Cell repair
- Memory processing

### Lack of adequate or quality sleep also contributes to:

- Increased risk of dementia and Alzheimer's
- Impaired immune function
- Poor memory/mental functioning
- Marital problems
- Absenteeism
- Decreased productivity in the workplace
- Decreased ability to cope with/manage stress
- Decreased creativity
- Moodiness
- Trouble concentrating
- Daytime sleepiness

### Learn more about sleep:

Centers for Disease Control and Prevention – [cdc.gov/sleep](https://www.cdc.gov/sleep)

National Sleep Foundation – [sleepfoundation.org](https://www.sleepfoundation.org)

American Academy of Sleep Medicine – [aasm.org](https://www.aasm.org)

### 10 tips for getting better ZZZ's

- 1 Stick to a sleep schedule. Go to bed and wake up at the same time every day.
- 2 Exercise, but not too late in the day.
- 3 Avoid caffeine, nicotine and alcoholic drinks before bedtime.
- 4 Avoid large meals before bedtime.
- 5 Check to see if any of the medicines you take will disrupt sleep. If so, ask your doctor for an alternative.
- 6 Limit daytime naps to 30 minutes.
- 7 Relax before you go to sleep (examples: write in a journal, practice deep breathing or meditation).
- 8 Create a pleasant sleep environment (keep bedroom cool, dark and gadget-free).
- 9 Get outside in the daytime at least 30 minutes, turn down lights before bed.
- 10 If needed, talk to your doctor about a sleep study.



Lack of sleep is linked to several chronic diseases and conditions including type 2 diabetes, heart disease, stroke, obesity and depression.





According to a recent survey by the National Sleep Foundation, more than 60% of Americans suffer from poor sleep quality, which results in everything from falling asleep on the job, absenteeism, mental problems and car accidents.

**What’s causing your restless night?**

One way to find out what’s causing your restless night, or inadequate sleep, is to track your sleep habits for one week in a sleep log. Discuss sleep concerns with your provider.

**Fill out before bedtime**

	Example	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Bedtime	11:30 p.m.							
Time and duration of naps	4:30 p.m. 1 hour							
Alcohol or caffeine... How much? When?	Cola 16 oz. bottle 7 p.m.							
How I felt today 1 = very tired 2 = somewhat tired 3 = fairly alert 4 = wide awake	3							
Stressful events	Moving							

**Fill out as soon as you wake up in the morning**

	Example	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Wake time	5 a.m.							
How long it took to fall asleep last night	30 minutes							
Number of times I woke up last night	3 times to use the bathroom							
How long it took to fall asleep again	15 minutes							
Amount of sleep Z = one hour	Z Z Z Z Z							