

Hit the Snooze Button for Better Health



Sleep Benefits



Sleep greatly impacts our physical & mental health, yet many of us are sleep deprived.

Here are some benefits of sleep for your health:

- Restores our cells and promotes healing
 - The brain releases hormones that encourage tissue growth and repair during sleep
 - The immune system relies on sleep to fight off harmful substances
- Improves memory
 - During sleep, your brain stores new information and organizes long-term memory
- Weight management
 - Studies show that those who get less than 6-7 hours of sleep are more likely to be overweight or obese
 - Lack of sleep affects the balance of the hormones ghrelin and leptin, which regulate appetite
- Reduces stress
 - When the body is short on sleep, it goes into a state of stress which may lead to high blood pressure and the production of stress hormones
- Mood booster
 - A study deprived subjects of sleep to only 4.5 hours and they reported being more stressed, angry, sad, and mentally fatigued
 - Once subjects got back to their normal sleep habits, they reported a significant improvement in their mood

Sleep Promoting Foods

- Nuts and seeds
- Dark leafy greens
- Bananas
- Avocados
- Broccoli
- Fruits such as tart cherries
- Chamomile or peppermint tea



Tips for Better Sleep

Exercise

- Regular, moderate intensity aerobic activity improves sleep quality & helps fall asleep faster.

Journal

- Writing down thoughts before bed may help clear the mind, manage stress, & set worries aside.

Limit daytime naps

- Napping may make it difficult to fall asleep at night. Limit naps to 30 min. early in the day.

Go to sleep on time

- Try to get to bed & wake up around the same time each day. This helps to regulate your body's sleep-wake cycle.

Create a sleep-inducing environment

- Use the bedroom only to sleep & keep the bedroom dark, free from TV or computer light.