



Good Health Begins with a Good Night's Sleep

Essential for Health

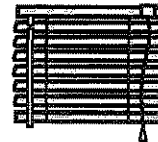
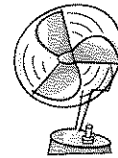
A good night's sleep is important to a healthy lifestyle. Sleep affects all aspects of your day - from how you feel, to your relationships, productivity and ultimately your quality of life.

The average adult requires 7-8 hours of sleep per night. However, some people may need as much as 10 hours a night, while others need much less.

If you tend to sleep longer on the weekends than you do during the week, you probably are not meeting your personal sleep requirement.

Better Sleep Tips

- Try to go to bed and wake up at the same time every day - this helps keep your 'biological' clock in sync.
- Establish a regular bedtime routine.
- Sleep in a dark, quiet, comfortable and cool sleep environment.
- Finish eating at least two to three hours before bedtime.
- Be Physically Active! People who exercise a few times a week sleep better than those who are not physically active. Plan to complete your workout a few hours before bedtime.
- Avoid nicotine, caffeine and alcohol.



How Stressed Are We?

The Better Sleep Council reveals the following statistics:

- 66% of Americans are losing sleep due to stress.
- 32% of Americans are losing sleep at least one night per week.
- 16% of Americans experience stress-induced insomnia (inability to fall asleep).

Starting each day with a good night's sleep and taking control of your sleep environment can reduce stress and improve the quality of your life.

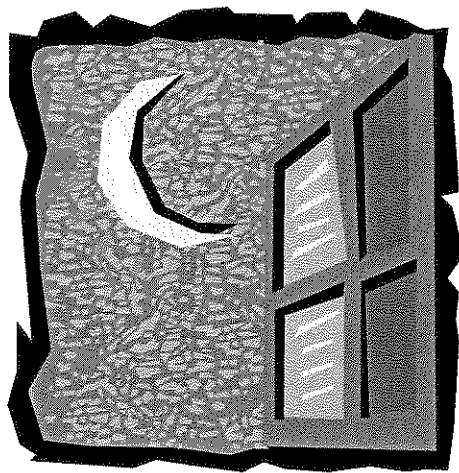
Sleep Debt

Can you make up for lost sleep during the week by sleeping more on the weekends? NO. If you sleep more on the weekends than during the week - this equals a 'sleep debt.' The only way to reduce the debt is to sleep as much as your body needs every night.

Sleep needs to be a health priority! Research shows a link between lack of enough sleep and obesity. Adults who sleep 7 to 9 hours per night are less likely to be obese. This is true even when adjusted for other health factors.

Make Your Bedroom 'Sleep-Friendly'

- Be sure your mattress is comfortable and supportive. If you sleep with a partner, your mattress should allow both of you enough space to move easily.
- Your pillow should hold your head in the same position to your shoulders and spine as if you were standing with correct upright posture.
- Light is one of the body's most powerful time cues. The rising sun can wake up the brain long before the alarm goes off.
- Sudden loud noises can disrupt sleep. Steady, low sounds, such as a fan are soothing because they help block distracting noises.
- The ideal bedroom temperature is 60° to 65° Fahrenheit. A room that is too warm or too cool can disrupt comfortable sleep.



Helpful Sleep Habits:

- Last meal 2hrs before bed time
- Temp of room 67-70 degrees at the warmest
- No tv right before bed
- No computer right before bed
- White noise would be helpful
- Small night light acceptable
- Set a routine bed time and stick to it as much as possible even on weekends
- Warm decaf fluid in evening is helpful
- Warm shower or bath in evening is helpful
- Decrease house noise for the child-time bed time
- Small thoughts/ dream book to write in and get thoughts out on paper
- Auditory books on tape or cd acceptable
- Empty bladder right before bed
- Reading a book for some quiet wind down time is helpful
- Heading to bed too early can cause early rising set a reasonable time for the age of the child
- Time change seasons can be troublesome for some people allow some flexibility throughout a week or so to adjust

Any further questions please feel free to call the Health Office 524-1661 ext. 612

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