

Better ZZZZZZZZZZZZZZZZZZZZs?

YES,
PLEASE!



“Early to bed and early to rise, makes a man healthy, wealthy and wise.” – BEN FRANKLIN

60% of Americans suffer from poor sleep quality – resulting in absenteeism, falling asleep on the job, irritability, poor memory, relationship problems, car accidents and chronic health issues.

Insomnia can be a symptom of other health-related issues such as *sleep apnea, menopause, chronic pain, acid reflux, anxiety, depression, and emotional stress.*

WHY must we sleep?

(No, it's not so we can escape the wrath of dangerous nocturnal predators!)

When explaining the benefits of sleep, physiology experts cite “**restoration**” – where the metabolic activity of cells work to repair tissue damage and keep our bodies in **homeostasis**.

Psychologists explain that the *conscious mind needs to rest* so the *unconscious mind can problem solve* and *consolidate memories*.

Dreams are the mind's way of resolving personal issues and offering us creative solutions to our problems.

THE SCIENCE BEHIND SLEEP:

- The brain's *glial cells* work during sleep to **remove toxic amyloid proteins**, which are known to cause dementia and Alzheimers.
- Brain cells that fire repeatedly without rest can create **free radicals**, which in turn accelerate the aging process. While we sleep, *neurons create anti-oxidants that can destroy these free radicals.*
- Sleep **delays the aging process** (by maintaining integrity of *telomeres*).
- Sleep **regulates metabolism and weight**.
- **Growth hormones** are active during sleep; regulating the **repair of damaged tissue** from exercise or injury.
- During sleep, **metabolic activity** works to **repair bone and muscle tissue**.



BEWARE OF SLEEP ROBBERS!



Be aware that these culprits can rob you of your much-needed sleep. Try to make appropriate adjustments when possible:

Caffeine

Heavy Foods

Cell Phone / Technology Use

Medications

Room Temperature
(too warm)

Sleep Partner Snoring

Pets in the Bed

Clutter

Afternoon Naps
(can be both good and bad)

Shift Work

Jet Lag

Lack of Exercise

Sleep Apnea

Frequent Urination

Chronic Pain

Depression / Anxiety

Stress

10 TIPS for Good Sleep Management:

1 **Keep regular sleep cycle.**
Maintain a routine every night *(within 15 minutes)*.

2 **Institute a digital curfew.**
Turn off all digital devices *one hour before bed*.

3 **Create your ideal sleep environment:**

- Ambiance – light/darkness
- Room temperature – avoid a warm (or uncomfortably warm) sleep space.

- Pets: healthy boundaries – keep pets out of bedroom.

- Tech-free bedroom – *(No screens or gadgets!)*

- Sleep comfort – don't forget the *quality of your bedding!* (High thread count sheets, comfortable pillows, good mattress pad etc.)

- Quiet bedroom – *noise reduction*; use white noise if needed to drown out distracting sounds.

- Sleep partner – if snoring and/or restlessness interrupt sleep you might consider sleeping in separate beds.

- Food and snacks – consider a “no food in bedroom” policy.

- Other distractions – be aware of sleep distractions leading up to bedtime and during sleeping hours. Be creative to *find changes in routine or environment* to improve your sleep quality.

4 **Add exercise to your daily routine.**

5 **Decrease your caffeine intake.**

6 **Learn to Meditate.**



7 **Throw out your TV.**
Consider moving TV out of bedroom.

8 **Avoid alcohol and nicotine.**

9 **Clear your late night mind.**
Make a *to-do list* before bed. Keep it handy near your bed to add to it if things come to mind during the night.

10 **Remove non-sleep activities from your bedroom.**
(Office supplies and duties, TV, food, etc.) Your bed is for sleep *(and sex)!*



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SLEEP WELL!

3 important things to remember:

1. Sleep is essential to good health
2. Reduce those sleep robbers
3. Create your ideal sleep environment