

Let's be well

Spring into slumber

Catching Zs is a basic human need – but did you know it can affect your health, including eating habits, mood and memory? According to the CDC, one in three United States adults get less than the recommended amount of sleep. Maintaining consistent sleep habits is key to feeling well-rested and productive throughout the day.

Try these handy techniques to get better sleep:

- **Dim it** – Before bedtime dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production (both of which are important for getting to sleep!).
- **Natural sunlight** – Try waking up to bright natural sunlight through your window. Morning light can help you wake up naturally and quickly.
- **Set a bedtime** – Set an alarm at the same time every day prior to bed to remind you to wind down for the evening so you get the necessary seven to nine hours of rest your body needs.
- **Atmosphere** – Make your bedroom quiet and relaxing. Keep the room temperature between 60 and 67 degrees.

- **Naps** – Naps are not a substitute for lost sleep during the night. Keep your naps no longer than 20 minutes as you may have a hard time waking up fully if they are longer.

Make sure to use these sleep techniques to avoid certain sleep disorders. See your health care provider if you are experiencing trouble sleeping.

What are sleep disorders?

- **Sleep Apnea** – Abnormal patterns in breathing often accompanied with snoring
- **Restless legs syndrome** – Uncomfortable sensation of tingling and aches/pains with an urge to move your legs when you try and fall asleep
- **Insomnia** – Inability to initiate or maintain sleep
- **Narcolepsy** – Excessive sleepiness during the day and falling asleep abruptly during the day

For more information visit:

cdc.gov/sleep