

SLEEP AWARENESS WEEK - HELPFUL TIPS

In correlation with The National Sleep Foundation's sleep awareness week (March 14-20), we are bringing discussions and tips for better sleep to you.

The fast-paced world we live in wreaks havoc on our bodies and has caused sleep to become a victim to the life we live. Slowing the hectic life poses to be an impossible task but is also why using methods to create better sleep is so important. Making sleep a priority creates for a positive impact on your overall health and well-being. Sleep hygiene is known as creating habits favorable of sleep well on a consistent basis. Below are some tips from the National Sleep Foundation on things one can do to aide in better sleep.



Here are some helpful tips that can help you sleep better.



Structure

Establish a regular routine and structure. Set times for sleep and wake. Keep or return to structured activities in your days, especially if your schedules changed over the summer.



Light

Spend time in natural light. Whether outdoors or inside, bright daylight helps you feel alert. Avoid napping except for young children.



Electronics

Limit use of electronics before bed. Turn off electronics an hour before bed and keep the room dark, cool, comfortable, and ready for sleep.



Exercise

Exercise regularly. Physical activity increases your drive to sleep at night as well as reduces stress and improves mood.



Prioritize

Prioritize your sleep by reinforcing the benefits of sleep for your family. Model good sleep habits to help children understand the importance of sleep.

Making sleep a priority can have a positive impact on your family's overall health and well-being.

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SLEEP AWARENESS WEEK - IMMUNITY

The past year has proven to us all that our immune systems are a delicate system and so much can affect our body's reaction to infections and healing processes. It is no surprise that sleep and immunity are linked arm in arm. The correlation of sleep and immunity is not a one directional component either. The body's response to infections is to sleep and the number one recommendation to healing from an infection is to sleep. On the flip side of this coin, it is also stated that chronic sleep loss can weaken our body's defense system, increasing the probability of catching an infection.

SUPPORT YOUR IMMUNE SYSTEM

Getting enough good sleep has both positive mental and physical effects. Healthy sleep can support boosting the body's immune system, which can help you prevent or limit infection in your body.



Vaccinations can be another way to help prevent illness. Getting enough sleep has been shown to help vaccines work in your body.

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SLEEP AWARENESS WEEK - SIGNS & SYMPTOMS

As you integrate these new tactics, be sure to pay attention to additional signs that may point towards a deeper, underlying sleep disorder and talking to your provider about it.

Risk Factors and Indicators:

- Excessive daytime sleepiness
- Lack of energy
- Insomnia
- Gasping for air at night
- Frequent awakenings at night
- Morning headaches
- Irritability
- Shift work
- Memory Issues
- Diabetes
- High blood pressure
- Atrial fibrillation
- Congestive heart failure

**SLEEP WELL
BE HEALTHY**



Sleep Awareness
Week® 2021

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5 TIPS FOR BETTER SLEEP

Getting good sleep can also help improve your immune function and response.



Set a relaxing bedtime routine.

Relaxing activities could include listening to calming music, reading a book or taking a warm bath.



Go to sleep and wake up at the same time every day, including weekends.

It's important for your body to have a regular sleeping schedule.



Exercise regularly.

A low-impact fitness program, like walking, swimming or yoga, is helpful for improving sleep.



Create a sleep-friendly bedroom.

Turn off electronic devices an hour before bed and sleep in a cool, dark room.



Try to sleep the recommended number of hours a night for your age group.

The National Sleep Foundation has sleep duration guidelines. NSF recommends 7-9 hours for adults and 7-8 hours for adults over 65.

These 5 tips can help you get the sleep you need and improve your overall health and well-being.



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