BETTER SLEEP FOR BETTER HEALTH

Wellness Tips

Innovative WORKPLACE WELLNESS

We spend one-third of our lives sleeping and there is a good reason for that. Sleep plays a vital role in promoting physical health, longevity, and emotional well-being. Please use these tips to make sleep your priority and improve your overall health.

RESEARCH SHOWS THAT AS MANY AS **60%** OF AMERICANS SUFFER FROM POOR SLEEP QUALITY.

SLEEP EXPERTS RECOMMEND **7-9 HOURS** OF SLEEP PER NIGHT FOR ADULTS.

Benefits of Sleep:

- Improves immunity
- Helps maintain body weight
- Maintains brain health and may prevent Alzheimer's Disease
- Enhances skin vitality
- Reduces stress
- Improves memory

Possible Signs of Sleep Deprivation:

- Fatigue/low energy
- Chronic health issues
- Relationship problems
- Absenteeism from work
- Depression/anxiety
- Decreased attention span
- Irritability
- Poor memory
- Decrease in work productivity

8 Tips Towards Better Sleep

1

Stick to a sleep schedule. Set aside a minimum of 7 hours of sleep per night. Try to wake up and go to bed at the same time each day to reinforce your sleep-wake cycle.

2

Pay attention to what you eat and drink. Avoid heavy meals before bedtime. Try to avoid caffeine (coffee, tea, sodas, and chocolate) after mid-afternoon, as they can also disrupt your sleep. Excessive alcohol before bedtime can interfere with both the quantity and quality of sleep.

3

Create a restful environment. Make your bedroom cool, dark and quiet. Darkness gives your body the cue to release its natural sleep hormone, melatonin. Consider a warm bath or a cup of chamomile tea before bedtime.

4

Unplug from electronics. Try this a few hours before bed. Avoid falling asleep while watching the television or scrolling through your phone.

5

Increase your daily physical activity. Research shows that daily exercise helps you fall asleep quicker and increases the quality of your sleep. Avoid strenuous exercise 2-3 hours before bedtime so that your body has time to unwind.

6

Manage your worries. Try to resolve worries or concerns before bedtime either by speaking to a loved one about it or jotting it down in a journal. Meditation is often recommended to help with anxiety and sleep.

7

Get outside every day. It's important to find joy in your natural surroundings. Nature helps promote our circadian rhythms.

8

Try not to force sleep. If you cannot fall asleep within 30 minutes, then get out of bed and try relaxation techniques until you are sleepy again.

#ibpwellnesstips
Healthier Together