



HEALTHY SLEEP HABITS

Quality sleep is an important foundation for mental health, mood/temperament, healthy habits, physical wellbeing, memory and ability to focus. The CDC recommends that adults over age 18 sleep for a **minimum of 7 hours every night**.



Sleeping less than 7 hours per night has been linked to:

- weight gain
- diabetes
- high blood pressure
- higher susceptibility to disease and infection
- depression
- and many other health risks

Tips for healthy sleep

- Set a sleep goal
- Exercise regularly
- Establish a regular bed time and honor it
- Eat a balanced diet of vegetables, fruits, and whole grains
- Avoid disruptive foods/beverage at night (heavy meals, alcohol or other non-prescription substances, coffee, caffeinated tea, chocolate)
- Avoid screens for at least an hour before bed

What are benefits of quality sleep?

Mental health:

- improves emotional health; mood and temperament
- forms new neural pathways in the brain
- improves academic performance
- strengthens memory and ability to focus

Physical health:

- strengthens immune system
- heals injured tissues; reduces pain
- aids recovery from bacterial and viral illness
- prevents future illness
- balances hormones to healthy levels
- decreases inflammation
- improves athletic performance

Ease into sleep with a regular routine, including activities like:

- Deep breathing exercises
- Gentle stretching or yoga
- Meditation/ Guided imagery
- Reading
- Take a bath or shower
- Drink a cup of herbal, non-caffeinated tea

Check out the latest updates and more details from **the CDC :**

