

KNOW YOUR LIMITS

De-Stress by Better Sleep

You should not sacrifice sleep as it is vital to your health! You may have noticed a difference in your productivity and mood with 8 hours of sleep vs 4 hours of sleep. The quality of sleep directly affects the quality of your waking life which includes your mental sharpness, productivity, emotional balance, creativity, and your weight. Did you know that reducing sleep by as little as one and a half hours, for just one night, reduces daytime alertness by about one third? Prioritize sleep so you can function optimally throughout your day!

What Happens if I Don't Get Enough Sleep?

- Fatigue, lethargy, and lack of motivation
- Moodiness and irritability
- Reduced creativity and problem solving skills
- Inability to cope with stress effectively
- Reduced immunity
- Weight gain
- Increased risk of diabetes, heart disease, and other health problems

How Much Sleep Do I Need?

Most healthy adults need between 7.5 to 9 hours of sleep per night to function at their best. *The hours may vary slightly from person to person.

Tips on Achieving Better Sleep

- Minimize noise, light, and temperature extremes
- Sleep with ear plugs and/or window blinds
- Avoid watching TV, eating, or discussing emotional issues in bed
- Limit your naps to 25 minutes
- Nicotine should be avoided in the evening
- Avoid caffeine at least 4-6 hours before your bed time
- Milk can help you to fall asleep
- Keep a consistent sleeping schedule, even on the weekends



Source: www.medicinenet.com