

# Drop It Low

## Week Two – Sleep

We all need sleep to function at an optimal level. Getting good quality sleep can protect your mental health, physical health, and overall well-being. Don't sacrifice your sleep! Take care of yourself.

### How Much Sleep Do I Need?

Most healthy adults require **7.5 to 9 hours** of sleep per night to function at their best.

#### Benefits of Good Quality Sleep

- Improves memory
- Repairs heart and blood vessels
- Involved in healing processes
- Supports healthy growth and development
- Helps immune system

#### Harmful Effects of Lack of Sleep

- Fatigue and lack of motivation
- Moodiness and irritability
- Reduced creativity and problem-solving skills
- Inability to cope with stress
- Weight gain
- Impaired motor skills
- Difficulty making decisions
- Increased risk of diabetes, heart diseases, and other health problems



sleeping schedule



#### Tips to Improve the Quality and Quantity of Your Sleep

1. Stick to a sleep schedule - even on weekends and holidays
2. Limit yourself to nicotine, caffeine, and alcohol
3. Minimize noise, light, and temperature extremes
4. Avoid drinking fluids after 8pm as they may stimulate the urge to urinate
5. Avoid taking naps that are over 25 minutes
6. Create a bedtime ritual – include relaxing things to tell your body it is time to wind down
7. Regular physical activity can promote good quality sleep