

Guide to Better Sleep

You just can not achieve optimal health without taking care of your sleep.



How much sleep do adults need?

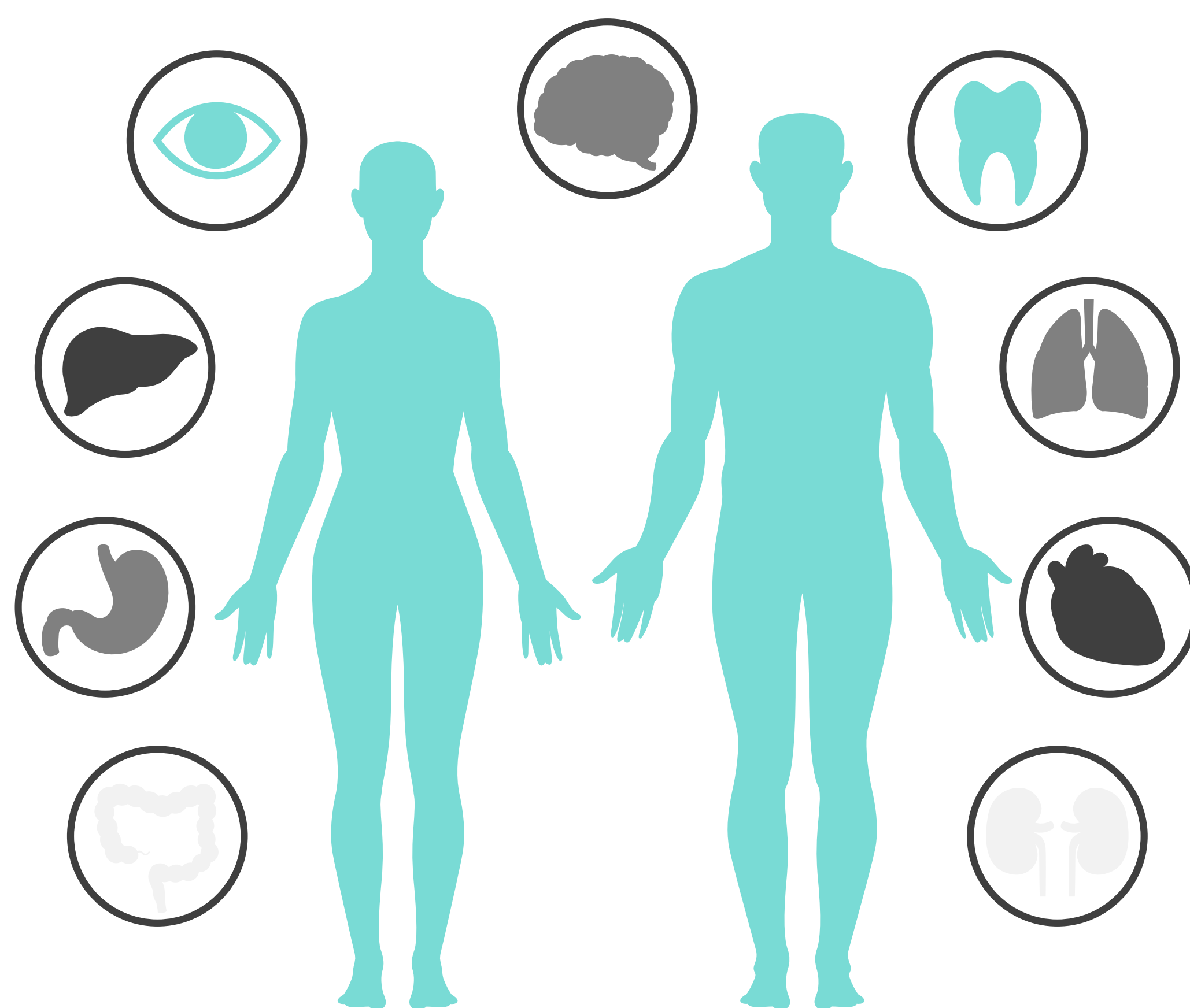
Teenagers 13 to 18 years old: 8 to 10 hours per night

Adults 18 and older: At least 7 hours of sleep per night

Not sleeping like you should?

Side effects of poor sleep habits include:

- Acid Reflux
- Aging Skin
- Depression
- Diabetes
- Headaches
- Heart issues
- Stroke
- Memory issues
- Concentration issues
- Obesity & Weight Gain
- Teeth Grinding



Tips & Tricks for better sleep

Keep your bedroom dark. The brain produces melatonin to help you sleep. Melatonin is light sensitive; it is only produced when it's dark

If you have to nap during the day, limit naps to 20 minutes

Sleep in a quiet space; no TV, phones, or eBooks

Allow 20 minutes to unwind before bed

Avoid caffeine 12 p.m.

Avoid sugar just before bedtime

Tidy-up your room; clutter can cause your mind to race

Go to sleep and wake up at the same time every day, even on weekends

Health benefits of sleep

Sleep is important for various aspects of **brain function**. This includes **cognition, concentration, productivity and performance**

Sleep has been shown to enhance **athletic performance**.

Sleep improves your **immune function**.

