

HEALTHY HINTS

Just for the HEALTH of it!™

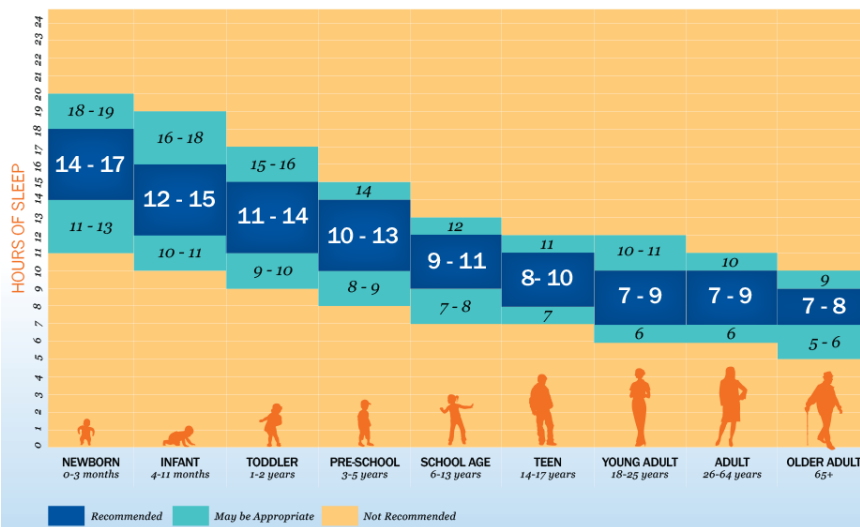
WEEK THREE-Personal Well-being Challenge: SLEEP

Your body and mind need time to RE-CHARGE!

It is important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep.



SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

7 Tips for BETTER Sleep.

1. Stick to a sleep schedule.
2. Pay attention to what you eat or drink.
3. Create a bedtime ritual.
4. Get comfortable.
5. Limit daytime naps.
6. Include physical activity into your routine.
7. Manage Stress.

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>

- ❖ Are you productive, healthy and happy on seven hours of sleep? Or does it take you nine hours of quality ZZZs to get you into high gear?
- ❖ Do you have health issues such as being overweight? Are you at risk for any disease?
- ❖ Are you experiencing sleep problems?
- ❖ Do you depend on caffeine to get you through the day?
- ❖ Do you feel sleepy when driving?

These are questions that must be asked before you can find the number that works for you.

<https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need/page/0/2>

