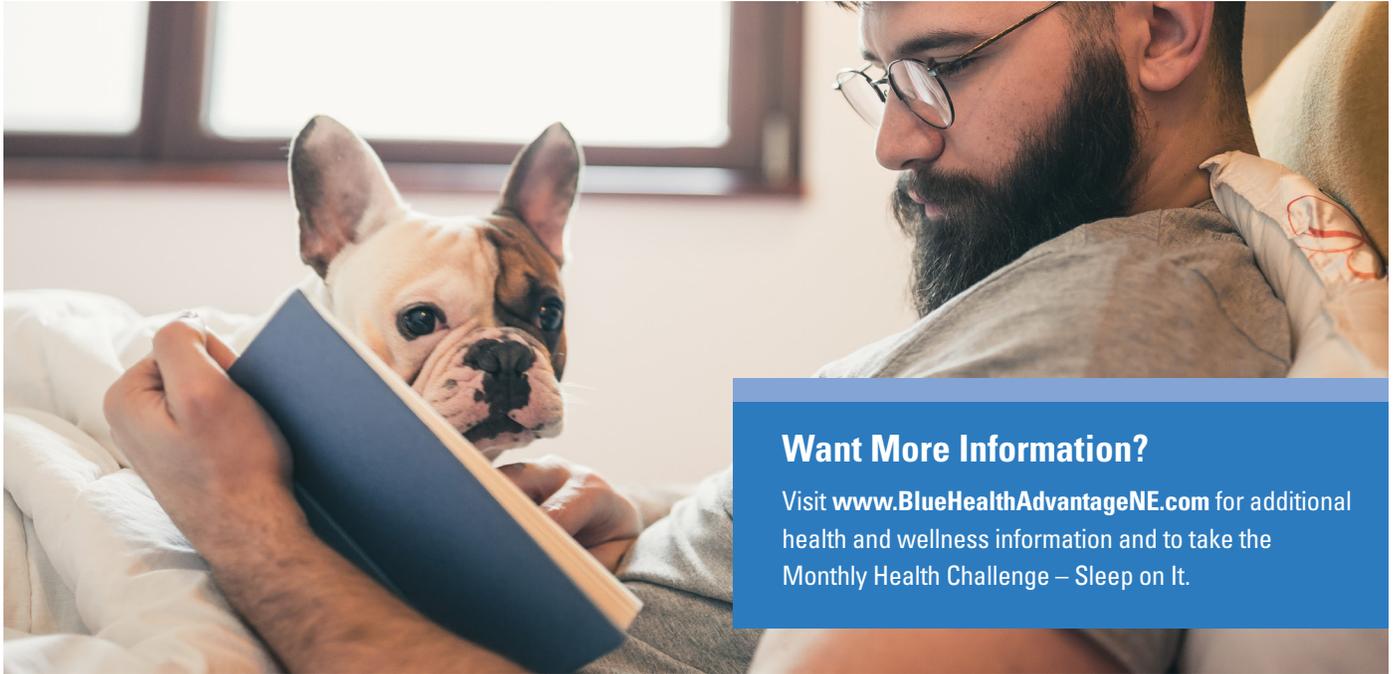


# Healthy Sleep Month

HEALTHY TIP SHEET - SEPTEMBER



## Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Sleep on It.

## The Power of Sleep

Our lives are so busy - sometimes it seems there are so many things that seem more interesting or important than getting a few more hours of sleep. But just as exercise and proper nutrition are essential for optimal health and happiness, so is getting a good night's sleep. The quality and quantity of your sleep directly affects the quality of your waking life, including your mental sharpness, productivity, emotional balance, creativity and even your weight. No other activity delivers so many benefits with so little effort!

- **Sleep seven to eight hours nightly.** Seven hours of uninterrupted rest per night is the minimum needed for most people to stay in good health.
- **Stick to a sleep schedule.** Go to bed at the same time every night and wake up at the same time every day.
- **Pay attention to what you eat and drink.** Don't go to bed either hungry or stuffed. Limit the amount you drink before bed. Also nicotine, caffeine and alcohol deserve caution, too.
- **Create a bedtime ritual.** Do the same thing each night to tell your body it's time to wind down. Be wary of using the TV or other electronic devices as some research suggests that screen time can interfere with sleep.
- **Get comfortable.** Create a room that's ideal for sleeping. Often, this means cool, dark and quiet.
- **Limit daytime naps.** If you do choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the mid-afternoon.
- **Include physical activity in your daily routine.** This can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep.
- **Manage stress.** When you have too much to do and too much to think about, your sleep will suffer. To help restore peace, consider healthy ways to manage stress.