



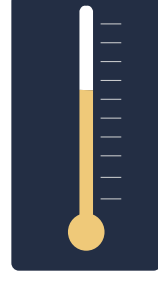
# THE GREAT 8 HOURS OF SLEEP

**Sleep.** We all need it. But few of us consistently sleep as long — or as restfully — as we should for optimum health. In fact, the U.S. Department of Health and Human Services estimates that about 35 percent of adults regularly get less than 7 hours of sleep. Most health experts agree that a solid 8 hours for adults is a good night's sleep.

## 8 TIPS TO GET YOUR 8 HOURS



Stick to a routine. Go to bed and rise at the same time every day — even on weekends.



Make your bedroom comfortable. Set the thermostat to 60 to 67 degrees. Keep your room dark and free from noise. Select a comfortable mattress and pillow.



Avoid alcohol and cigarettes (and any tobacco products) in the evening.

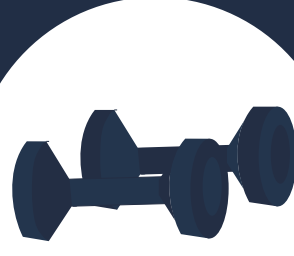


½ banana and a handful of almonds

If you're hungry, eat a sleep-inducing snack about an hour before bedtime.



Stop drinking caffeine at least 5 to 6 hours before bedtime.



Get moving. Exercising during the day helps you sleep at night.



Turn off electronic devices, or at least use a night-time screen. Light promotes wakefulness. Even the small amount of light from an electronic device can keep you awake.



Avoid naps, especially later in the day. If you must take a nap, limit it to about 30 minutes.

## 8 FACTS TO KNOW ABOUT SLEEP

**1** You cycle through 5 distinct stages during the night, including a stage called Rapid Eye Movement (REM). Some phases help you feel rested and energetic, and others help you learn new information and form memories, according to the National Institutes of Health.

**2** Sleep improves your cognitive abilities, such as learning and problem-solving skills.

**3** Studies show that sleep deficiency harms driving ability as much as, or more than, being drunk.

**4** Sleep heals and repairs your heart and blood vessels. Not getting enough sleep regularly may increase your risk for heart disease, obesity, stroke and diabetes.

**5** People who get even small amounts of regular physical activity are one-third less likely to report sleep problems and half as likely to report daytime tiredness, according to a survey by the American Academy of Sleep Medicine.

**6** While you sleep, your body "takes out the trash," removing waste products and toxins from your brain. Some of these toxins are associated with Alzheimer's disease and other neurological disorders.

**7** Snoring is generally harmless, but for some people it can be a symptom of sleep apnea, a serious problem that causes you to briefly stop breathing. Sleep apnea may lead to high blood pressure, diabetes and other health problems.

**8** Some studies suggest an association between short sleep duration and weight gain, in part because of changes to hunger-related hormones. And when you're tired, you're more likely to make less healthy food choices.

### DID YOU KNOW?

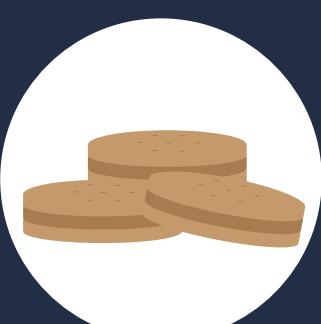
Exercising sporadically or right before you go to bed will make falling asleep more difficult.

## HUNGRY?

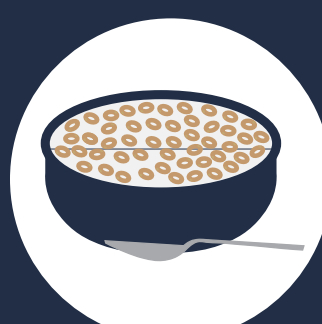
The best bedtime snacks contain proteins and carbohydrates. Try:



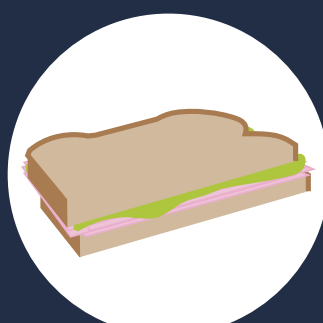
½ banana and a handful of almonds



Whole grain crackers with peanut butter



Small bowl of whole grain cereal with milk



½ turkey sandwich



Mug of herbal tea

## DO ONE THING:

Pick at least one tip from the list above and start implementing it today. If you snore, or if you regularly have trouble sleeping, talk to your doctor to rule out sleep apnea or other health issues.