

Environmental Health and Safety

March 2015



Sleep Awareness

Sleep Facts:

Sleep is just as important as diet and exercise.

People who don't get enough sleep are likely to have bigger appetites due to lower leptin levels.

Snoring is the primary cause of sleep disruption for approximately 90 million American adults; 37 million on a regular basis.

Tiredness peaks twice a day, at 2 a.m. and 2 p.m. That's why you're less alert after lunch.

Finding it hard to physically get out of bed in the morning is a condition called dysania. It may be a sign of nutritional deficiency, depression, or other disorders.

43 percent of adults say that stress causes them to lie awake at night. Many report that their stress increases when the length and quality of their sleep decreases.



In our busy schedules we don't leave much time to think about sleep, yet an estimated 50-70 million U.S. adults have some sort of sleep or wakefulness disorder. These can range anywhere from snoring to insomnia. Sleep is critical for good health. A constant lack of sleep can increase your risk for serious health problems such as: weight gain, headaches, high blood pressure, cardio vascular disease, diabetes, depression, attention deficit disorder, and an impaired immune system.

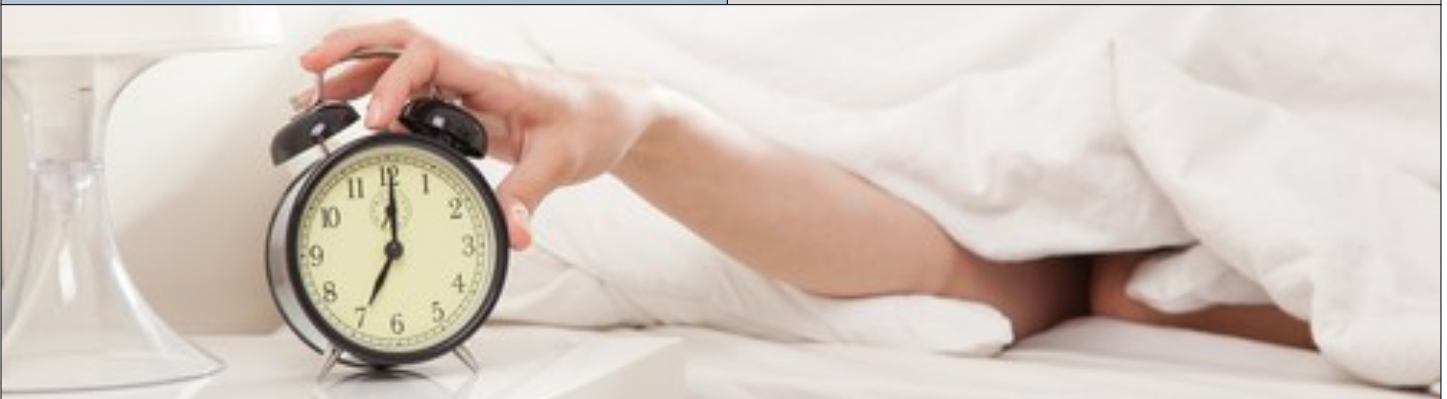
Insuring a good night sleep helps repair cellular damage, recharge the brain, restore muscles, revitalize the body, and release hormones regulating growth and appetite. There are different ways, both mentally and physically, that you can help yourself sleep better such as relaxing, eating healthier foods and taking an hour to wind down before bed.

Getting Better Sleep

Relax and wind down at least an hour before bed.
Cut back on caffeine, especially in the afternoon.
Don't watch television in the bedroom.
Try not to take naps during the day.
Don't stay up late working on projects.
Write down all mental clutter before going to bed.
Keep your bedroom dark at night.
Make dinner your smallest meal of the day.
Keep your bedroom cool to help promote drowsiness.
Exercise at least 3 hours before bed.
Create a daily sleeping/waking schedule.
Increase Omega-3 Fatty Acids in your diet.

Tips for Reducing Stress

Plan ahead and practice good time management.
Meditate and focus on breathing for a few minutes.
Listen to your favorite songs.
Relax with yoga.
Play with and/or cuddle up to a pet.
Drink a cup of tea.
Do something you enjoy.
Exercise to help reduce stress and anxiety.
Go for a walk.
Take a relaxing bath.
Curl up with a good book.
Eat healthy foods and drink plenty of water.



Resources:

[National Healthy Sleep Awareness Project](#)

[National Sleep Foundation](#)

[Sleep Apnea And Green Tea](#)

[How Much Sleep Do We Really Need?](#)

[9 Surprising Reasons To Get More Sleep](#)

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Don't learn safety by accident