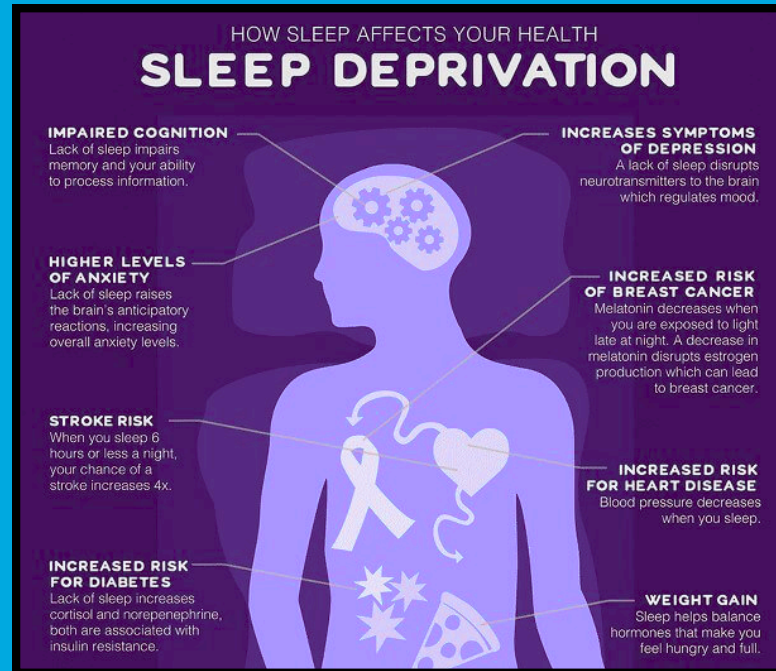


Have you been getting enough sleep?

USA HEALTH
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Have you ever woke up the next morning and wondered why you don't feel as rested? Or do you ever feel rundown after you have slept well for a few days?



So what can I do to help me sleep better?
That's a great question!

-Sleep plays a vital role in good health and well-being throughout your life. The way you feel while you are awake depends on what happens while you are sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health.

-Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems. It can also affect how well you think, react, work, learn, and get along with others. It can affect your heart, metabolism, respiratory system, and immune system.



SLEEP & AGING

WHAT'S NORMAL?

Aging itself doesn't seem to account for sleep complaints in older adults. If you're not happy with your sleep, talk with your doctor about possible causes and healthy ways to improve it, says Johns Hopkins sleep researcher Adam Spira, Ph.D.



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While aging does account for some of the sleep we lose, it's not the only thing that plays a part of why we can't sleep at night. It turns out that medical issues, or poor sleep routines can make it harder for us to rest. So we want to show you some of the causes of sleep deprivation. And some tips to help make sure you stay healthy and happy!

5 TIPS FOR BETTER SLEEP

Getting good sleep can also help improve your immune function and response.

- Set a relaxing bedtime routine.**
Relaxing activities could include listening to calming music, reading a book or taking a warm bath.
- Go to sleep and wake up at the same time every day, including weekends.**
It's important for your body to have a regular sleeping schedule.
- Exercise regularly.**
A low-impact fitness program, like walking, swimming or yoga, is helpful for improving sleep.
- Create a sleep-friendly bedroom.**
Turn off electronic devices an hour before bed and sleep in a cool, dark room.
- Try to sleep the recommended number of hours a night for your age group.**
The National Sleep Foundation has sleep duration guidelines. NSF recommends 7-9 hours for adults and 7-8 hours for adults over 65.

These 5 tips can help you get the sleep you need and improve your overall health and well-being.

NATIONAL SLEEP FOUNDATION

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You don't have to make multiple changes at once, but it's good to start with some of these tips and see if it helps you. Try different tricks so you can wake up as your best self!

Sources:
<https://www.hopkinsmedicine.org/sleep-medicine>
<https://www.thensf.org/>