THE BENEFITS OF SLEEP

According to the CDC, 35% of American adults get less than 7 hours of sleep per night. Insomnia and other sleep disorders, sleep apnea, stress and worry, poor habits, and even certain medications can all lead to too little sleep.

The amount of sleep needed varies from person to person, however, the vast majority of adults need a minimum of 7 hours of good quality sleep per night to fully recharge and feel well rested.

Though we all know how important sleep is, we may not know all of the mental and physical benefits of getting a sufficient amount per night. These include:

❖ Feeling well rested and alert; faster reaction time
❖ Lower levels of stress
❖ Improved mood; less irritability, impatience, and depression
❖ Improved concentration, memory, and decision-making
❖ Decreased unhealthy habits (eating high sugar or carb foods, smoking, using alcohol or sleeping pills regularly to help fall asleep)
❖ Lower levels of inflammation, leading to a reduction of health problems including heart disease and stroke
❖ Preventing drowsy driving, leading to fewer accidents

How Can I Improve My Sleep Habits?

❖ Follow a regular schedule. Go to bed and wake up at the same time each day.
❖ Include calming activities into your bedtime routine. This could include taking a warm bath, reading, listening to soft music, or another activity that you find relaxing.
❖ Create a calm sleep environment (quiet, dark, and cool with a comfortable mattress and pillows).
❖ Exercise daily, but avoid doing so right before bedtime.
❖ Avoid caffeine, nicotine, alcohol, and heavy meals close to bedtime.
❖ Refrain from stimulating activities for at least two hours before bedtime.
❖ Make your bedroom a screen-free zone, keeping televisions and cell phones out if possible. Stop using your cell phone several hours before bed.
❖ Consult your doctor if you think you may have a medical condition preventing you from reaching your full amount of restful sleep.

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ALLIANCE OF SCHOOLS FOR COOPERATIVE INSURANCE PROGRAMS | 16550 Bloomfield Avenue | Cerritos, California 90703 | (562) 404-8029