

# SLEEP HEALTH

Getting enough sleep is not a luxury—it is something people need for good health



**1 out of 3** Adults in the US report that they usually get less than the recommended amount of sleep



**Not getting enough sleep can lead to:**



- Type 2 Diabetes
- Heart Disease
- Obesity
- Depression
- Motor Vehicle Crashes
- Work Injuries

## How much sleep is needed?



> 7hrs = **SHORT SLEEPER**



## Why is sleep so important?



### IMPROVES:

- Focus
- Concentration
- Academic performance



## Short sleepers



### REPORT BEING:

- Obese
- Physically inactive
- Current smokers

# Sleep Tips



## Tip #1: Set up your sleep space

- Use your bedroom for sleep and sex **only**
- It should be quiet, dark, and comfortable



## Tip #2: Relax before bed



### DO:

- Shower
- Journal
- Meditate

### AVOID:

- Caffeine
- Heavy meals
- Screen time (TV, phone, etc.)



## Tip #3: Nap smart



**30 - 90**  
minutes

