

# inspired

[to make healthy choices]

Sleep is an important part of staying healthy.

(NIH NHLBI)

When we sleep well, we wake up feeling refreshed and alert for our daily activities.

(National Sleep Foundation)

## Daily adequate sleep is necessary to:

- Flush out the cellular debris in the brain generated by metabolic activity during our waking hours
- Lower stress
- Fight off infection
- Support the metabolism of sugar to prevent diabetes
- Improve attention, learning and creativity
- Perform well in school and work
- Work effectively and safely (NIH NHLBI)

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## Importance of Sleep

25% of adults report insufficient sleep or rest at least 15 out of every 30 days.

(CDC)

To improve sleep habits, it may help to:

- Go to bed and wake up at the same time every day.
- Practice a relaxing bedtime ritual.
- Use the hour before bed for quiet time.
- Turn off electronics before bed.
- Avoid heavy or large meals, alcoholic drinks, nicotine and caffeine before bedtime.
- Spend time outside every day (when possible) and be physically active.
- Keep your bedroom quiet, cool and dark (a dim night light is fine, if needed). (CDC)

The generally recommended amount of sleep hours per day:

School-aged Children	Teens	Adults
at least 10 hours	9-10 hours	7-8 hours

(CDC)

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