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)

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:

<table>
<thead>
<tr>
<th>School-aged Children</th>
<th>Teens</th>
<th>Adults</th>
</tr>
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<tbody>
<tr>
<td>at least 10 hours</td>
<td>9-10 hours</td>
<td>7-8 hours</td>
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(CDC)

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