

# SUNDAY MORNING

## HEALTH CORNER

### Regular Sleep for a Healthy Future

National Sleep Foundation guidelines advise that healthy adults need between 7 and 9 hours of sleep per night. The total amount of sleep a person receives each day is important. However, due to work, stress, and other obstacles, the average adult gets less than 7 hours of the recommended amount of sleep.

Signs of poor sleep quality include not feeling well-rested after getting enough sleep and repeatedly waking up in the middle of the night.

### Steps to Improve Your Sleep Health

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**Turn Off Your Electronics.** Blue light emits through your electronic device and suppresses the amount of melatonin in your body needed to sleep. Turning off your electronics **an hour** before bedtime can help lead to better sleeping habits.

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**Have a Hot Drink.** A hot, caffeine-free beverage such as tea, or warm water before bed, is an excellent way to relax and prepare for sleep.

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**Work Out.** Exercising a couple of hours before going to bed can be a great way to help promote relaxation, reduce anxiety, and normalize your internal clock.

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**Be Consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends. This way, your body gets into a routine on when to sleep and when to wake up.

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**Forget Your Worries.** It's essential to let go of the worries that build up during the day as they can affect both the initiation and maintenance of sleep. Try making a list of all the things you have to do for the next day to alleviate your mind's stress. .



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