

HOW IMPORTANT IS SLEEP?

IT'S ALL IN THE NUMBERS

Most adults need

7 - 9

hours of sleep for optimal health & energy

34% of adults reported that they fell asleep at the wheel of their car in the past year

67% of adults said that sleep deprivation affected their work, which translates into a **\$90 billion** loss in productivity

A good night of sleep is very important to our overall health and ability to function effectively throughout the day. However, when our lives become busy, sleep becomes less of a priority for many of us. William C. Dement, MD, PhD (1928-2020), was the Dean of Sleep Disorders Research and Professor Emeritus at Stanford University, stated: "Americans have gotten the message that good nutrition and plenty of exercise are important for health, but we have not paid enough attention to the third pillar of good health, which is adequate sleep."

THE ROLE OF SLEEP IN MAINTAINING HEALTH

Sleep is vital for maintaining brain health

- Proper sleep maintains healthy brain function and clear thinking
- During sleep, toxins are cleared from the brain
- Healthy sleep maintains memory function
- Healthy sleep promotes a positive outlook and reduces anxiety and depression

Sleep is important for maintaining the overall health of your body

- Sleep helps balance your metabolism
- Sleep is key to managing your weight
- Sleep helps balance your hormone levels
- Sleep is a key element for immune function to keep you healthy
- Proper sleep reduces inflammatory processes, helping to reduce heart disease and joint/muscle pain.

Sleep is key to optimal performance at home, work and in the gym

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SIMPLE RECOMMENDATIONS FOR IMPROVING YOUR QUALITY OF SLEEP

- 1 Establish a consistent pre-sleep routine.**
It is important to incorporate time to “wind down” from your daily activities.
- 2 No electronics within 1 hour of bedtime.**
You will be able to sleep more restfully if you dim screens (computer, phone, TV, etc.) and dim lights in the house in the evening.
- 3 Minimize light, noise, and temperature extremes in the bedroom.**
- 4 The bedroom is for sleep and sexual activity only.**
Other activities such as reading, watching shows on TV or a computer, or listening to the radio should be done outside of the bedroom.
- 5 Avoid large meals just before bedtime.**
Small snacks before bedtime are fine.
- 6 Avoid strenuous exercise within two to three hours of bedtime.**
We recommend that you exercise, but it is best done earlier in the evening or daytime because it can elevate body temperature and cause difficulty falling asleep.
- 7 Avoid caffeine, nicotine, or other stimulants within four hours of bedtime.**

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