

# SLEEP: A ROAD MAP TO A BETTER NIGHT'S REST

Sleep is essential for each of us to function properly and ensure our well-being. However, when we make lifestyle changes, sleep is rarely considered as a vital part of most regimens.

The following guide is designed to educate your patients on the cause and effects of sleep deprivation. More importantly, what barriers are getting in the way of sleep and what habits patients can begin to put in place in order to ensure the body gets the rest it deserves.

## 01 | How Many Hours of Sleep Do We Need?

Were you aware that the hours your body needs changes based on your age? According to the National Heart, Lung and Blood Institute, the recommended amount of sleep we need is:

- **Newborns:** 16 to 18 hours a day
- **Preschoolers:** 11 to 12 hours a day
- **School Aged Children:** 10 hours a day
- **Teens:** 9 to 10 hours a day
- **Adults:** 7 to 8 hours a day

## 02 | Cause and Effect: Lack of Sleep

Research indicates that depriving ourselves of the amount of sleep we need hinders our mind's ability to reboot, which is linked to illnesses that affect our health negatively. These illnesses can include:

- Heart Disease
- Diabetes
- Depression
- Obesity

## 03 | Barriers Prohibiting Sleep

The many tasks we engage in during our day-to-day routine can become too much to accomplish in a 24-hour period, leading to feelings of being overwhelmed or stressed. We therefore inadvertently condition ourselves to continue to push to complete tasks that can wait for the next day and create our own barriers when we should be hitting the reset key.

In addition, there are a number of disruptive activities which should be eliminated from your nightly routine. They could include:

- Cell phone activity/web surfing
- Watching TV
- Allowing pets to sleep in your bed
- Ingesting caffeine late in the day
- Taking supplements or medications

## 04 | Road Map to Rest

By removing roadblocks preventing sleep, you create a better environment so your body can relax. You can also implement a nightly routine that sends signals to your body to wind down and catch some Zzz's. Here are some recommended sleep guidelines:

- No eating before bed
- Eliminate caffeine in the evening
- Read while in bed
- Set a sleep schedule
- Work out
- Set daily goals
- Take less naps
- Purchase a better mattress/pillow
- Eliminate electronic devices

For more information on sleep deprivation or how to heal your health through sleep, visit:

<http://www.cdc.gov/sleep/index.html>

## Did You Know?

*Lack of sleep is linked to the flu and other health issues.*

## References

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss>

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379?pg=1>