



Sleep Your Way to Better Health

WHY YOU NEED SLEEP

Did you know that while you sleep your brain releases hormones to to build muscle mass, fight infection, regulate your weight and repair tissues?



HOW MUCH SLEEP DO WE NEED?

Good Sleep improves memory and impacts hunger and our ability to feel full after meals.

ADULTS (18-64): 7-9 hours

OLDER ADULTS (65+): 7-8 hours

DANGERS OF NOT GETTING ENOUGH SLEEP

Not getting enough hours results in a higher risk of heart attack, stroke, depression, high blood pressure and infections. Weight gain and risk of type-2 diabetes is also related to lack of sleep.

CONTACT YOUR HEALTH PROVIDER IF YOU ARE NOT GETTING ENOUGH SLEEP.

[READ MORE](#)



Keys to Better Sleep



Make sure you have 30 minutes of physical activity every day: dance, go to the gym, take a walk!

TIP: Relax in dim light and listen to soothing music for 15-30 minutes before you go to bed.

Don't drink caffeinated beverages within 5 hours of the time you wish to go to sleep.



If you must look at electronic devices at night, consider wearing blue-blocking glasses. Avoid looking at bright screens beginning 2-3 hours before bed.



TIP: Use dim red lights for night lights. (Red light has the least power to suppress melatonin.) Avoid turning on lights for middle of the night bathroom trips. Instead have dim light sensor night lights.



Improve your sleep environment. Make your bedroom a sanctuary from stress, free of computers, cell phones and distractions. A hot bath in Epsom salts can be a relaxing way to ease into sleep.

TIP: Keep your bedroom dark and cool. Dim lights set the stage for sleep. Have a comfortable mattress and pillows.

[READ MORE](#)

Doerr Furniture Presents

Sound Sleep Initiative

One mattress a week to a local performer!

partnering for a healthy night's sleep



[CLICK HERE TO DONATE ONLINE](#)

REMINDER: SET YOUR CLOCKS SATURDAY NIGHT!



SPRING FORWARD

• turn your clocks forward