



Health and Wellness Tip of the Week - Week 18

Monthly Topic

Focus on the importance of sleep during *Better Sleep Month* in May.

May 5, 2014









Good Night's Sleep

If you're like most people in the U.S., the hectic pace of everyday life is sabotaging your efforts to get the recommended 40 winks.

Unfortunately, sleep loss can also change your health, leading to a greater chance of getting diabetes, heart disease or being overweight.

For a good night's sleep, give the nod to these tips:

-  Keep a set timetable for going to bed and waking up.
-  Avoid nicotine, caffeine and alcohol.
-  Create a relaxing bedtime practice to unwind before going to bed.
-  Keep a comfortable room temperature.
-  About five to six hours before bedtime, take part in a daily workout.
-  Get up and do something else if you can't fall asleep.

Source: *National Sleep Foundation*



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