

Happy Well-being Wednesday!

THE IMPORTANCE OF Sleep



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THE IMPORTANCE OF SLEEP

WHY

IS SLEEP IMPORTANT?

- Repair your body
- improve learning and memory
- Lower stress levels
- Improve creativity
- Support growth and development
- Maintain your immune system

HOW

CAN I SLEEP BETTER?

- Go to bed and wake up at the same time each day
- Avoid big meals right before bed
- Exercise regularly
- Turn off the computer, phone, and television
- Keep your bedroom cool, quiet, and dark

WHAT IF I

DON'T GET ENOUGH SLEEP

- It can cause increase anxiety, depression, or other mental health problems
- Cause irritability or mood swings
- cause headaches, weight gain and poor vision



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Sleep



Be Consistent

- Go to bed at the same time each night and get up at the same time each morning, including on the weekends

Electronic Devices

- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom



Make sure your bedroom is....

- quiet, dark, relaxing, and at a comfortable temperature

What to Avoid

- Large meals, caffeine, and alcohol before bedtime



Get some exercise

- Being physically active during the day can help you fall asleep more easily at night.

