Its Wellness Wednesday

A "good night's sleep" is something everyone wants but is not something everyone manages to get. March is National Sleep Awareness Month; It is an opportunity to look at our own sleep habits and search for ways to improve on the quantity and quality of sleep we get. Sleep plays a critical role in overall wellness – allowing for the brain and body to recharge from the previous day's activities. Failing to get enough sleep can have both short-term and long-term effects, hypertension, chronic headaches, alertness problems, mental acuity issues, and attention deficit-like behavior, reduce performance at work and cause irritability and depression. Here are a few ideas to encourage healthy sleep habits.

- Go to sleep at the same time each night, and get up at the same time each morning, even on the weekends.
- Get regular exercise, but not within 2-3 hours of bedtime.
- Don't eat a heavy meal late in the day. A light snack before bedtime is OK.
- Make your bedroom comfortable, dark, quiet, and not too warm or cold.
- Talk with a doctor if you continue to have trouble sleeping.

Good sleep is essential to good health!

This week March 13th -19th is Sleep Awareness Week 2022.

Every year, the National Sleep Foundation takes this time to reemphasize the important connection between your sleep and your health. This year, they want to help you become your Best Slept Self.

To kick off their **Sleep Awareness Week®**, National Sleep Foundation released the latest results from the **2022 *Sleep in America®* Poll**.
Poll results show:

- Nearly half of Americans say they aren't exposed to the recommended levels of bright light when indoors in the morning and afternoon.
- More than a third of Americans fall short of CDC's recommendations for moderate or vigorous activity, another key factor in ensuring a sound sleep.
- Four in 10 Americans eat meals at inconsistent times, making it more difficult for their bodies to regulate the sleep/wake process.
- More than half of Americans indulge in screen time within an hour before bed or even while in bed.

These findings show there are opportunities for small adjustments to our daily routines that prioritize sleep for overall health.
Things you can do to help be your Best Slept Self:

- Increase exposure to bright light upon waking and throughout the afternoon.
- Help regulate your body's sleep/wake process by eating meals at consistent times during the day and avoiding heavy meals 2-3 hours before bed.
- Avoid screentime at least one hour before bed.
- Make your bedroom a sleep-friendly space by keeping it cool, dark, and quiet.
- Follow recommended guidelines on proper exercise to improve overall health and your sleep. Aim for at least 20 minutes of exercise a day.
- Get the recommended hours of sleep per night. The National Sleep Foundation recommends 7-9 hours for most adults.

We encourage you to try out one or two of these tips, remember small changes can make a positive difference in your health.
Let us know on our "best night's sleep" post on our Instagram (roywellness) what small change you are making!