



Let's Talk about:

Sleep



Hi CCS Community!

Happy October! This month, I wanted to share some tips for achieving a more restful night of sleep. Sleep is incredibly important for mental clarity, physical wellbeing and overall health.

What are the health benefits of sleep?

Quality sleep allows for improved heart health, mental health, cognition, memory consolidation and immunity to name a few. The average adult requires 7-9 hours of sleep each night to maximize these health benefits. Lack of sleep can lead to weight gain, poor concentration and memory deficits.

Tips for Maximizing Quality Sleep

Set a regular bedtime and wake-up time - try not to change these times on the weekend
Create a bedtime routine to help signal to your body that it is time to sleep - turning off your phone, brushing teeth, reading a book



Avoid caffeine, bright light exposure, alcohol or heavy meals before bed

Engaging in regular exercise during the day can help improve your sleep

Avoid screen time on your laptops, tablets or phone at least 1 hour before bed

Ideal sleeping conditions include a room that is cool, dark and quiet

Try to minimize outside sound exposure by playing white noise

Be sure to wash your sheets frequently to limit dust exposure which can cause allergies to flare up at night



Should I see a doctor about my sleep?

If you are frequently waking up from sleep short of breath or gasping for air

Waking up with a morning headache

Inability to fall asleep or stay asleep

Waking up multiple times throughout the night needing to use the bathroom

Requiring multiple daytime naps to get through the day

Falling asleep while driving or at work

Let me know if you try any of these tips! Happy sleeping!



Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.