

March Newsletter - The Importance of Sleep

Did you know that in the United States, we lose \$6.3B of productivity every year due to sleep deprivation? Over 40% of Americans are sleep deprived and don't get the recommended 7-8 hours of sleep per night.



The Value of Sleep

- Sleeping is the natural periodic state of rest for body and mind.
- Science has proven sleep is a time for the brain to restore and rejuvenate the immune, skeletal and muscular systems.
- Sleep rebuilds you and keeps us youthful.

Steps you can take to sleep better

1. Low impact exercise before bedtime.
2. Make sure your bedroom is clutter-free
3. Take a warm bath/shower before bed
4. Keep the bedroom cool
5. Cut down caffeine after 2:00pm
6. Avoid alcohol and heavy meals right before bed
7. Read a book before bed or journal your thoughts
8. Learn to meditate to clear your mind
9. Drink a cup of chamomile tea
10. Manage your Smart phone as the light being emitted inhibits melatonin, the sleep hormone
11. Snacks you can eat before bed include bananas, turkey meat or drink some warm milk
12. Practice relaxing the body when you get in bed
13. Decorate your bedroom in warm soothing colors

Side effects of sleep deprivation can include:

- Irritability
- Cancer
- Heart problems
- Type-2 diabetes
- Reduced creativity
- Increased stress
- Decreased testosterone
- Immune system failure
- Inability to lose weight - obesity
- Impaired memory
- Brain disease



Happy St. Patrick's Day from Stacey and Barbara
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