Benefits of Sleep

Why Getting 7-8 Hours/Night is Good for You

- Improves athletic performance
- Stronger immune system
- Lower risk of heart disease
- Increased insulin sensitivity (leads to decreased risk of diabetes)
- Improved memory
- Increased performance
- Many more

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Ways to Improve Sleep

- Give your self time to unwind: limit TV, computer, phone time one hour before bed
- Don't sleep during the day: do something to "wake" up; be active instead, or take to a friend
- Don't watch the clock: when up in the night, don't check the time
- Find a comfortable position
- Have a routine: go to bed and wake up at the same time (even weekends)
- Exercise: can help to de-stress and improve sleep, but not within 3-4 hours of sleep
- Eat right: don't eat heavy food close to bedtime, don't eat within at least one hour of sleep
- Regulate lights and noise: keeps light turned

Source: www.webmd.com