SSTeMM

Getting enough sleep

"I NEVER get enough sleep!"

Sleep plays an essential role in your health. Sleep disruption can lead to increased stress, somatic problems, psychosocial issues, cardiovascular diseases, obesity, cancer and even death.

Stick to a sleep schedule

The recommended amount of sleep for a healthy adult is at least seven hours. Go to bed and get up at the same time every day. Being consistent reinforces your body's sleep-wake cycle. Exposure to natural sunlight early in the day helps maintain this healthy balance.

Pay attention to what you eat and drink

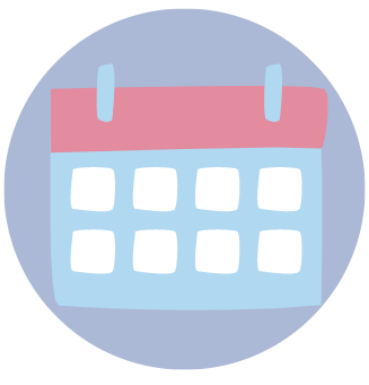
Don't go to bed hungry or stuffed; avoid heavy or large meals before bedtime. Nicotine and caffeine can wreak havoc on the quality of your sleep. Even though alcohol might make you feel sleepy, it can disrupt sleep later in the night.

Create a restful environment

Create a room that's cool, dark and quiet. Avoid prolonged use of blue light-emitting screens just before bedtime. YES, that is your smartphone! Light can disrupt the production of melatonin (natural sleep hormone). Taking a bath or using relaxation techniques can promote better sleep.

Include physical activity in your daily routine

Regular physical activity can promote better sleep. Avoid being active too close to bedtime, however. Spending time outside every day will be helpful too.



Manage worries

Try to resolve your worries or concerns before bedtime by setting whatever is on your mind aside for tomorrow. Tip: write a to-do list! By writing it down, it can alleviate the worry and may feel more manageable.

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