

WEEK 3: ADD

Consistent Sleep Routine

IMPORTANCE OF A SLEEP ROUTINE

Insufficient sleep is a public health epidemic according to a new CDC study, and more than 1 in 3 adults in the U.S. don't get enough sleep on a regular basis. Sleeping less than the recommended daily amount has been associated with increased risk of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke and frequent mental distress.

HOW MUCH SLEEP DO WE NEED EACH DAY?

The American Academy of Sleep Medicine and the Sleep Research Society recommends:

Adults aged 18-60 years sleep at least 7 hours each night.



STRATEGIES TO AID IN A RESTFUL NIGHT'S SLEEP:

- *Create a bedtime routine* to train your body.
- *Be consistent.* Go to bed at the same time each night, even on weekends, and try to wake up at the same time.
- *Turn the AC down* to around 65 degrees.
- *Snack on protein* before bed to offset midnight hunger pains.
- *Diffuse stress* by reading a book, drinking hot tea or taking a hot bath to help trigger sleep.
- *Get the appropriate light exposure.* Bright light during the day and dim light at night help to jump start your circadian rhythm.
- *Find time for exercise* each day.



MAINTAINING MOMENTUM

Sleep and Hydration Drink a large glass of water first thing after waking. This will help to flush toxins out of your body and jump start your hydration for the day.

Sleep and Sugar Evidence supports the link between high sugar consumption and restless sleep. Intake of sugar has been shown to negatively impact the amount of time the body spends in deep, slow-wave sleep. This sleep stage is essential for the body's physical restoration and healing.

1. <https://www.cdc.gov/media/releases/2016/p0215-enough-sleep.html>



UNSTOPPABLE