

THE POWER OF YOUR SLEEP



Getting good sleep is essential for physical and mental well-being. When you get the right amount and quality of sleep for your body, you are better able to navigate demands of your daily life.

When well rested, you have the energy to get that school or work project done, the attention to engage in conversations with your family and friends, and the distress threshold to successfully manage and cope with stressors that arise in your life.



Sleep Facts



About 70 million people in the US report struggling with chronic sleep problems.

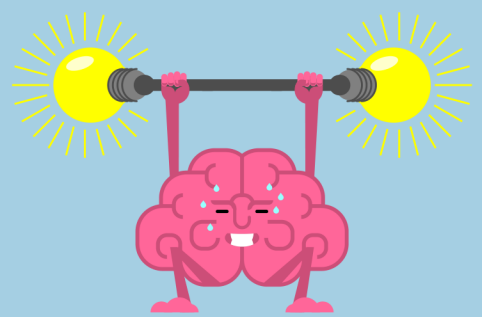
The recommended amount of sleep for children and teens is 8-10 hours and for adults is 7-8 hours. However, you may need more or less than the recommended hours and that's ok!



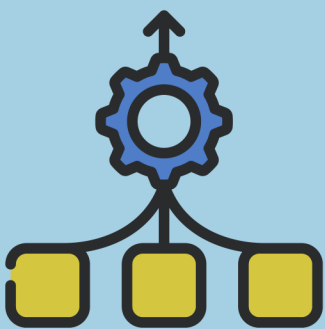
Getting adequate sleep helps support a strong immune system, healthy stress response, motor skills, and social participation.



Sleep facilitates the effective use of essential cognition skills like memory, judgment, problem-solving, concentration, communication, emotional-processing, and more.



When you sleep, your brain gets to work integrating your memory as well as your experiences from the day.



Adequate sleep helps promote and maintain good mental health. If our bodies don't get the sleep they need, this can lead to the deterioration of skills used for our daily functioning such as completing school and/or work projects, engaging in conversation with others, and managing stress effectively.



When we experience disrupted sleep, it can also lead to lower energy and motivation levels, mood changes, impulsivity, social withdrawal, anxiety, depression, and lower self-esteem and perceived ability and capability to engage in meaningful activities.



Below are some strategies you can incorporate into your routine that may help you achieve better sleep!



Strategies to Try for Better Sleep



1
Assess Your Sleeping Environment
If able, make your sleeping space dark, cool, and quiet

2
Aim to Keep a Consistent Sleep Schedule
For example, waking up at 9 am and going to sleep at 10:30 pm



3
Incorporate A Wind Down Routine
For example, drink caffeine-free tea, journal, or do yoga

4
Try to Keep Naps to 30 Minutes or Less and in the Earlier Part of Your Day



5
Avoid Consuming Things with Nicotine, Caffeine, and Alcohol At Least 3-4 Hours Before Bed

Remember!

Try to start with incorporating one strategy into your routine for bed and then gradually incorporate more if you want. Also, what may work for others may not necessarily work for you, and that's ok!

