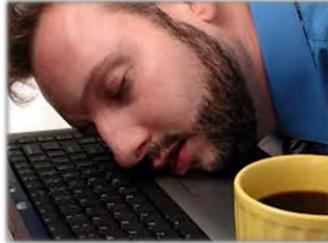


## YOU DESERVE MORE SLEEP!

Good sleep is the cornerstone of good health. ***Sleep is as important to good health as a nutritious diet and regular exercise.*** During rest and sleep new cells are formed, the metabolism balances, the body does it healing, and the mind reorders itself. Sleep impacts our emotional function and our ability to make good decisions that keep us safe. Health care experts suggest 6 to 8 hours of sleep for adults and 10 hours for children and adolescents.

### REASONS for LACK of SLEEP

- *hectic schedules*
- *long work hours*
- *excess time with TV, movies, computers*
- *food sensitivities*
- *hormone imbalances*
- *adrenal stress*
- *neurotransmitter excesses or deficiencies*



Insomnia, trouble falling asleep or trouble staying asleep, is a growing problem in western societies affecting as much as 60 percent of the population.

### PROBLEMS of INADEQUATE SLEEP

- *Poor memory or concentration*
- *Slower reflexes*
- *Impaired learning and logical reasoning*
- *Difficulty getting along with others*
- *Increased risk for major diseases*

A study by American Automobile Association (AAA) on sleep related driving accidents found that people who sleep less than 8 hours are twice as likely to have an accident; the less sleep, the higher the accident rate. Sleep deprivation increases risks for all major diseases including heart disease, immune dysfunction, depression and obesity. Studies indicate that insufficient sleep results in higher levels of appetite increasing hormones.

### ARE YOU GETTING ENOUGH SLEEP?

Listen to your body. If you are fatigued in the morning, nodding off or yawning throughout the day, or lying awake in the night, your daily habits may need to change.

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## LET SLEEP HEAL YOU!

People who get enough sleep are happier, more productive, less accident prone, easier to get along with, more energetic, and have better memories. You name it; everything is better with good sleep.

***Many sleep difficulties can be corrected with lifestyle choices.***

### ADJUST YOUR HABITS OR SCHEDULE

#### **Try stopping 2 hours before Bedtime:**

- Working on a computer
- Watching TV or mind stimulation
- Eating carbohydrates
- Exercising
- Making a To Do list or journaling

#### **Try doing before Bedtime:**

- Establish a bedtime routine; prepare subconsciously for sleep
- Take a warm bath
- Drink a warm, non-caffeinated drink
- Eat a protein snack, not sweets
- Set a cool room temperature; no higher than 70°F
- Move clock away from your bed or turn it toward the wall
- Meditate or pray; think pleasant thoughts; listen to soft music
- Take several deep breaths upon reclining
- Avoid caffeine, nicotine, and alcohol
- Wake up at the same time every day; create a consistent cycle



***In peace I will both lie down and sleep; for you alone,  
O Lord, make me dwell in safety. Psalm 4:8***

### WHEN to CONSULT the DOCTOR:

- snoring or breathing problems
- nighttime choking episodes
- morning headaches or daytime fatigue
- before resorting to any kind of sleep aid
- sleep problems that last more than one week

Information taken from WebMD.com, AAA.com, New Balance Newsletter, and Nancy Russell, M.D., Nurturing Optimal Wellness, Kansas City, Missouri

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816-833-1000 ext 1262 [www.HMACofChrist.org](http://www.HMACofChrist.org)

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