

ADULT HEALTH BULLETIN



MAY 2022

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THIS MONTH'S TOPIC: MAKE SLEEP A PRIORITY



Sleep is just as important for your health as diet and exercise. Getting consistent good sleep helps to improve your brain performance, mood, and health. Guidelines recommend that adults get a minimum of 7 hours of sleep a night. Children and teens need even more, with 9 to 12 hours of sleep a night. However, a third of American adults report not getting enough sleep.

Not getting enough quality sleep raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia. Although the amount of sleep you get each day is important, other aspects of your sleep also contribute to your health and well-being. Good sleep quality is essential. Signs of poor

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sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as snoring or gasping for air).

If you are having trouble sleeping, here are simple things you can do to help make sleep a priority in your routine, improving your odds of a good night's sleep.

- **Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.
- **Be physically active every day.** Being physically active during the day can help you fall asleep more easily at night. Try to avoid exercising close to bedtime.
- **Avoid large meals, alcohol, nicotine, and caffeine before bedtime.** These can prevent deep, restorative sleep. Remember stimulants keep you awake, and caffeine can take 6 to 8 hours to wear off completely.

- **Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.
- **Create a good sleeping environment.** Make sure your bedroom is quiet, dark, relaxing, and cool if possible. Remove electronic devices such as TVs, computers, and phones from the bedroom.
- **See your health-care provider if nothing you try helps.** If you consistently find yourself feeling tired or not well-rested during the day despite spending enough time in bed at night, you may have a sleep disorder. They can determine if you need further testing.

REFERENCES:

<https://www.cdc.gov/sleep/features/getting-enough-sleep.html>

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