The A-Z Sleep Guide to Wellness

It isn’t funny how we kids, taking a nap was one of the worst things in the world. Why would we sleep when we could be playing outside or watching TV? As adults, sleep is the one thing we desire... but with hectic lives, it’s easy to put it to the backburner. This is why existing because a good night’s sleep is one of the most important things to live a healthy life; yet it is low on many people’s priority list.

**Effects of Sleep Deprivation**

- Memory Loss
- Mood Fluctuation
- Heart Disease
- Weak Immune System
- High Blood Pressure

**TIPS for a Good Nights Rest**

- **Keep a Sleeping Schedule**
  - It’s best to make up and go to sleep at the same time every day. Make 7-9 days to adjust to a new sleep pattern, but just 1 day to return to a typical sleeping pattern.

- **Take a Hot Shower**
  - A hot shower or warm bath before bed relaxes the body and makes it easier to fall asleep. When your body temperature drops, your body feels more lethargic due to a decrease in metabolic activity.

- **Avoid Eating Before Sleep**
  - Because the body is digesting food, your body tends to become fatigued and needs energy to metabolize it. It also increases the frequency of waking up in the middle of the night.

- **Avoid Alcohol Before Sleep**
  - Although drinking helps you sleep, it can interrupt your quality of sleep by increasing the frequency of waking up during the night and shortening the time spent in NREM sleep, your most restless phase.

- **Avoid Caffeine Before Sleep**
  - Caffeine can make you stay more alert by blocking sleep-regulating chemicals and increasing adrenergic production. Consuming any caffeine will keep you from losing, soothing and falling for hours.

- **Avoid Long Daytime Naps**
  - Taking longer than a 20-minute power nap will make it harder to fall asleep at night.

- **Read a Book in Bed**
  - This may not be scientific, but reading a book always makes you tired, changes.

- **Keep It Quiet**
  - Sleeping in a loud environment increases how bored you feel of waking up right at the quarter to six, the least distracting time is the body’s rest.

- **Keep It “Just Right”**
  - The ideal bedroom temperature for sleeping is between 65 and 72 degrees. Too hot or too cold will make it harder to sleep well.

**How Much Sleep Do We Really Need?**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Sleep Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 years &amp; older</td>
<td>7.5-9 hours</td>
</tr>
<tr>
<td>12-18 years old</td>
<td>8.5-10 hours</td>
</tr>
<tr>
<td>5-12 years old</td>
<td>9-11 hours</td>
</tr>
<tr>
<td>3-5 years old</td>
<td>11-13 hours</td>
</tr>
<tr>
<td>1-4 years old</td>
<td>12-14 hours</td>
</tr>
<tr>
<td>Under 4 years old</td>
<td>14-15 hours</td>
</tr>
</tbody>
</table>

Sources:

Live Love Spa
www.livelovelspoft.com