



The A-Zzz's SLEEP GUIDE To Wellness

Isn't it funny how as 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 gets pushed to the backburner. This is worrying, because a good night's sleep is one of the most significant things to live a healthy life, yet it is low on many people's priority list.

EFFECTS OF SLEEP DEPRIVATION

A large portion of the population is clearly impacted by a lack of sleep. This lack of sleep can do more than hinder your day to day functioning; it can also impact your health.



MEMORY LOSS



WEIGHT FLUCTUATION



HEART DISEASE



WEAK IMMUNE SYSTEM



HIGH BLOOD PRESSURE

TIPS FOR A GOOD NIGHTS REST

KEEP A SLEEPING SCHEDULE

It's best to wake up and go to sleep at the same time every day. It takes 7 days to adjust to a new sleep pattern, but just 1 day to return to a typical sleeping pattern.

Bedtime

EXERCISE REGULARLY

People who exercise regularly are more likely to sleep better, and tend to get tired at an appropriate time. Even adding a 10-minute walk every day improves one's likelihood of a good night's rest.

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 falls your body feels more lethargic due to natural decrease in metabolic activity.

AVOID EATING BEFORE SLEEP

Because the body is digesting food, your heart rate increases from working to metabolize it. It also increases the frequency of waking up in the middle of the night.

AVOID ALCOHOL BEFORE SLEEP

Although alcohol helps you relax, it can diminish your quality of sleep by increasing the frequency of waking up during the night and lessening the time spent in REM sleep, your most restorative phase.

AVOID CAFFEINE BEFORE SLEEP

Caffeine makes us feel more alert by blocking sleep-inducing chemicals in the brain and increasing adrenaline production. Consuming any before bed will leave you tossing and turning 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. Always.

KEEP IT QUIET

Sleeping in a loud environment increases the likelihood of waking up at night. The quieter it is, the less distractions there are to 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?

18 years & older

7.5-9 HOURS

12-18 years old

8.5-10 HOURS

5-12 years old

10-11 HOURS

3- 5 years old

11-13 HOURS

1-3 years old

12-14 HOURS

Up to 1 year old

14-15 HOURS



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