

Causes of Poor Sleep

Stress • Caffeine • Alcohol
Snoring • A more complex sleep disorder • Sleep environment

Tips for Better Sleep

- Have a ritual – go to bed at the same time & wake up at the same time.
- Calm yourself before bedtime – yoga, a hot shower or bath, or listen to soothing music.
- Exercise regularly & at least three hours before bedtime
- Avoid things that will keep you awake
- Don't watch TV, read in bed or use your phone or tablets to catch up on social media
- If you find yourself awake for more than 10 minutes, get out of bed and sit in a chair until you are sleepy
- Avoid napping

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anytime, anywhere.



Sleep May Save Your Life

Not sleeping enough, and not sleeping well, is not okay. In fact, there is quite a price to pay. It may surprise you to learn that chronic sleep deprivation – for whatever reason – significantly affects your health, performance, safety, and wallet!

Driving: According to the CDC, 1 in every 25 adults report that they fall asleep at the wheel at least once a month which results in an estimated 6,000 fatal crashes a year.

Brain Health: A study by the Mental Health Foundation found that people who didn't get enough sleep were 3 times more likely to be depressed and 2.6 times more likely to commit suicide. Without adequate sleep, the brain can't regenerate properly.

Heart Health: The University of Warwick did a study and they found that getting less than 6 hours of sleep on a continuous basis makes you 48% more likely to die of heart disease and 15% more likely in developing a stroke.

Weight Regulation: The longer you are awake, the hungrier you will become. Your body needs energy to keep going and if you are staying up long hours, the more energy it will require.

Immune System: When you are sleep deprived your immune system is weaker.

Longevity: Those that sleep between 7 and 9 hours live longer than those who sleep shorter or even longer.

Work Injuries: Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury.

The first signs you may be aware of when getting less than 6 hours of sleep is feeling tired, forgetful, irritable, and just not on the top of your game. Yet, in the long run, to everyone around you, it looks like bad job performance, mood swings, depression, and you turn into that person that no one really likes to be around. Practice some of the sleep hygiene tips on the left to improve your quality of sleep.