

Sleep & Your Health



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Corporate
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Works

Why is Sleep so Important?

The truth is there are reasons upon reasons why every individual should get adequate sleep:

- Decreases chance of sickness in the body
- Improves memory and cognitive function
- Aids in hormone regulation that control food (appetite) signals and stress
- The body does most of its physical healing during sleep, to help with performance during the day





Statistics



(Researched-Based Evidence)

- Research shows that restorative functions in the body, like **muscle growth, tissue repair** and **growth hormones, are released during sleep.**
- A major study of 10,000 people suffering from sleep disorders revealed that people with insomnia were **five times more likely to develop depression** and **twenty times more likely to develop a panic disorder.**
- Subjects who were limited to **4.5 hours of sleep per night for one week,** reported feeling **more stressed, angry, sad and mentally exhausted.**
- Ground-breaking research found that sleep quality heavily **impacts on skin function,** with **poor sleep accelerating the aging process** and weakening the skin's ability to repair itself at night.
- Estimated that **one out of every six deadly traffic accidents,** and **one out of eight crashes** requiring hospitalization of car drivers or passengers, is **due to drowsy driving.**

How much is enough for Me?



- **Teens** need 8 to 10 hours of sleep each night.
- **School-aged children** need 9 to 12 hours of sleep each night.
- **Most adults** need 7 to 8 hours of good quality sleep on a regular schedule each night.
- Getting enough sleep **isn't only about total hours** of sleep, it's also **important to get good quality sleep on a regular schedule** so you feel rested when you wake up.



Tips for a better Night's Sleep



- **Make the room dark**
 - Lights send a wake-up message to your brain, which suppresses your body's production of melatonin (the sleep hormone).
- **Sound preference at night varies greatly from person to person**
 - Music has the ability to slow your heart rate and may even trigger muscle relaxation.
- **Keep a cool room**
 - "A room temperature of 65 to 68 degrees Fahrenheit is optimal," says Dr. Oexman.



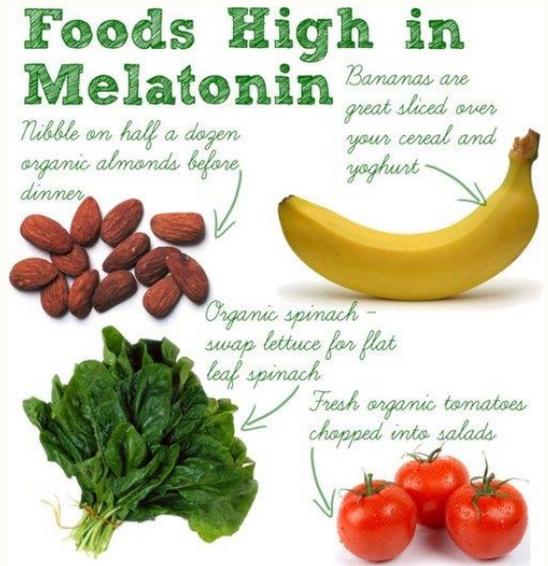
Helpful Nutrition for Adequate Sleep

- Foods with **tryptophan** can also help make you drowsy, according to the National Sleep Foundation.

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| <ul style="list-style-type: none">• Turkey• Chicken• Cherry Juice• Nuts | <ul style="list-style-type: none">• Eggs• Dairy• Seafood |
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- Pairing a tryptophan-containing food **with a carbohydrate** will make it an even more effective snooze-agent.

- **Melatonin** is a hormone in the body that promotes sleepiness. Some foods, like bananas, almonds, spinach, and tomatoes, have naturally occurring melatonin.





Sources

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