



Get Fit – Stay Fit

The Benefits of Sleep



Benefits of sleep:

- Improves mood
- Improves memory
- Increases attention span and response time
- Elevates physical and mental performance
- Helps maintain healthy weight
- May help decrease risk of obesity, high blood pressure, heart disease diabetes and other medical conditions

Tips for better sleep:

- Stick to a sleep schedule
- Avoid caffeine and nicotine
- Do not exercise too late at night
- Refrain from taking naps after 3pm
- Relax before bed
- Create a good sleeping environment

Most adults need 7-8 hrs of sleep each night. Getting the proper amount of good sleep can make you happier, healthier & safer!

References: NHLBI. (2009). At a Glance: Healthy Sleep. Retrieved September 10, 2012 from http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep_atglance.pdf

