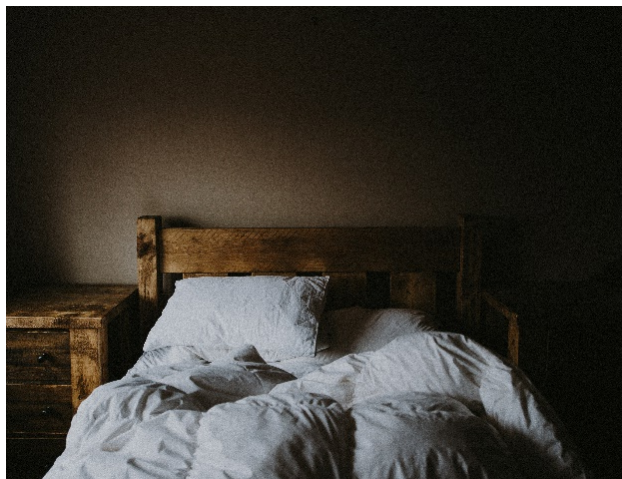


7 Healthy Sleep Habits

Sleep is an important tool in managing your overall health. Recent studies show that sleep influences eating habits and digestion, hormone release, body temperature, and other important bodily functions (Sciences, 2020). Sleep can come easier during winter months - the darker it is, the easier it is to fall asleep. But maintaining your sleep quality during summer months can help to increase your wellness, performance, and productivity all year round (Garbarino, 2017)



Getting better sleep is achievable for everyone. The following 7 tips can help:

- Take care of your circadian rhythms. Your body has a natural clock, called circadian rhythm, that is affected by bright light exposure. Two hours of sunlight, or bright light exposure, can help to increase sleep efficiency by 80%. (Rudy Mawer, 2020)
- Reduce blue light exposure in the evening. Light is great during the day, but can have the opposite effects at nighttime. Try turning off the TV, not using your smartphone, or laptop two hours before bedtime. If possible, install light dimmers.
- Practice a relaxing bedtime routine. Meditation, stretching, or listening to music can help guide you into a relaxed state. Try cleaning before bedtime; it might allow you to fall asleep at ease.
- Exercise. This is a great way to regulate hormones, but shouldn't be done at the expense of getting a healthy amount of sleep.
- Evaluate your room and design your sleep environment. Sleep is best achieved at temperatures between 60 and 67 degrees Fahrenheit; if one fan isn't enough, it might be great to get a second. Your bedroom should be free of any noise that could disturb your sleep; consider sound insulation, or ear plugs. Your bedroom

should be free of any light. Blackout curtains, or eye shades could help immensely. (Foundation, 2020)

- Stick to a sleep schedule. Just like when you were growing up, going to bed at the same time each day helps you develop a sleep habit. This is very important because it allows for your body to develop and maintain its internal clock.

- Prepare for your morning. You might find yourself tossing and turning at night because of the to do list you have in the morning. If you complete most of your tasks before your scheduled sleep time, you might get a more restful sleep. (Sleep, 2018)

Sleep helps your brain and complex nervous systems perform much-needed daily maintenance on themselves. Sleep helps build memories, makes you feel better emotionally and stabilizes your blood sugar. It's an incredible tool in your health and wellness toolbox.

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