

MONTHLY WELL-BEING NEWSLETTER:

SLEEP HEALTH

Getting enough sleep is crucial for your physical and mental health. Sleep strengthens your immune system and helps you have enough energy throughout the day.

Americans' Sleep Statistics

- + More than one-third of adults sleep less than seven hours per night on average.
- + Nearly 50% of workers say they are regularly tired during the day.
- + 10-15% of people experience chronic insomnia.

Check out the Ted Talk topic on [Sleeping with Science](#) which has 16 short videos on a variety of sleep topics. This series discusses tips for better sleep, why sleep is so important, and how sleep can affect your physical and emotional well-being.

Everyone is different so listen to your body to find what works best for you. If you experience persistent sleep problems, then speak to your doctor to rule out any underlying sleep disorders.

Quick Tips to Improve Your Sleep

- + **Create a Consistent Sleep Schedule**
- + **Create a Relaxing Bedtime Routine:** Calming music, taking a bath, drinking tea
- + **Optimize Your Sleep Environment:** Dark, quiet and cool are best conditions for most
- + **Limit Caffeine and Alcohol:** Both can disrupt sleep
- + **Avoid Screens:** Limit screen time before bed
- + **Get Regular Exercise:** Physical activity can improve sleep quality

