Good Sleep = Good Health

Sleep is necessary for the body to heal itself and function properly.

- Sleep promotes physical health by repairing cells and tissues.

- Sleep increases learning. The brain works to create new pathways to assist in retaining information.

- Sleep improves overall quality of life. You'll be happier and healthier.

Life is busy. You are making up for the demands of daily life by cutting back on sleep – which will have negative impacts on your life. This includes errors at work, decreased productivity and accidents that could cost resources or lives.

Negative Effects of Poor Sleep

- Reduces the body's ability to fight infections and stay healthy.
- It might become harder for the brain to make decisions, problem solve, and manage emotions and behavior.
- Pain perception may increase.
- It may increase Cortisol (stress response hormone) levels in the body.
- Weakened athletic performance and increased risk of injury.
- Linked to obesity and hypertension.
- Linked to depression and suicide.

Tips for a Restful Night

- Protect your need to sleep – prioritize it!
- Ensure you have adequate time in bed that is free from interruptions and demands.
- Keep consistent sleep habits.
- Avoid vigorous exercise right before sleeping.
- Avoid napping (especially later in the day) to protect your sleep.
- Use your bed for sleeping and intimacy – no reading, watching TV or using the computer.
- Avoid large meals and excessive fluid intake before sleeping.
- Avoid caffeine and smoking prior to sleeping.
- Ensure that your sleeping area is conducive to having a restful sleep.
- Make sure that your room is cool, quiet, and dark.
- Avoid medications that can interfere with sleep or alertness.

We're here when you need us.
Contact the EAP with 24/7 Access
DEAEAP.com
800.275.7460