

walk^{WITH a} DOC Healthy Living Series

SLEEP

While being active is important, taking time to rest is also essential for living a healthy life. Sleep insufficiency can cause an immediate danger to safety and a long-term damage to health, while a good night's sleep has tremendous benefits for both physical and mental health!



Why sleep is important

- Increases concentration and productivity
- Improves social and emotional judgment
- Builds gray matter in the brain, important for cognitive functioning
- Lower risk of depression and stress
- Helps maintain a healthy weight
- Increased immune system strength
- Lower risk of chronic disease (hypertension, heart disease, diabetes)



How to improve your sleep patterns

- Go to bed & wake up at consistent times - treat it like an appointment
- Limit alcohol/caffeine, avoid late-night snacks and meals before bed
- Put devices away 1hr before bed - light disrupts the circadian rhythm
- Make time every day for physical activity - it can help you sleep
- Keep your bedroom dark, quiet, and at a comfortable temperature
- Try relaxation techniques - i.e. a warm bath or deep breathing
- A 20-30 minute nap can improve mood, alertness, and performance



How much sleep should you get?

The recommended amount of sleep changes with age

Newborns (0-3 months)	14-17 hours
Infant (4-12 months)	12-16 hours
Toddler (1-2 years)	11-14 hours
School Age (6-12 years)	9-12 hours
Teen (13-18 years)	8-12 hours
Adult (18+ years)	7-9 hours

Sources:

- CDC - Basics About Sleep - Sleep and Sleep Disorders. (2017, May 04). Retrieved from https://www.cdc.gov/sleep/about_sleep/index.html
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- Weber, M., et.al. (2013). Habitual 'sleep credit' is associated with greater grey matter volume...*Journal of Sleep Research*. 22, 527-534.