

BETTER SLEEP Challenge

The better sleep challenge is a way to help promote healthy sleep hygiene and habits. Insufficient sleep has been linked to the development and management of many chronic conditions including type 2 diabetes, cardiovascular disease, obesity, and depression. Getting adequate sleep has been proven to help with weight management, improve concentration and productivity, increase exercise performance, promote glucose control, improve immune function, and improve mood. In addition, in a workplace setting poor sleep can contribute to productivity losses and physical and cognitive reaction times and accuracy.



BETTER SLEEP TRACKER

Check off each day that you successfully complete your sleep goal (*goal ideas: I will sleep 8 hours every night, I will turn off screens one hour before bed, etc*). At the end of the month, see how far you've come!

YOUR SLEEP GOAL: _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
DAY 29	DAY 30	DAY 31				

BETTER SLEEP

WHAT HAPPENS WHEN WE SLEEP?

We Process • We Restore • We Strengthen • We Consolidate



HOW MUCH SLEEP DO WE NEED?

- **Infants:** 12–15 hours
- **Toddlers (1–2 years):** 11–14 hours
- **Preschoolers (3–5):** 10–13 hours
- **School age children (6–13):** 9–11 hours
- **Teenagers (14–17):** 8–10 hours
- **Adults:** 7–9 hours

TIPS FOR BETTER SLEEP

- Create a routine, stick with it even on weekends, try to plan a bedtime so you get 7–8 hours of sleep
- Avoid naps late afternoon or evening
- Exercise and eat a healthy diet
- Avoid cigarettes, alcohol, caffeine (block neurotransmitters keeping you excited and alert—recommendation stop at least 6 hours before bed) and heavy meals (less than 2–3 hours before bed) in the evening
- Wind down an hour before bed
- Turn off all electronics
- Limit fluids before bed (if it is waking you up at night, may want to stop 2 hours beforehand)
- If awake for more than 20 minutes, go to another dark room
- Sleep apps or white noise

STAGES OF SLEEP

Stage 1: Changeover from wakefulness to sleep. Lightest sleep and lasts several minutes.

Stage 2: Period of light sleep before you enter deeper sleep. Your heartbeat and breathing slow, and muscles relax even further. Your body temperature drops, and eye movements stop. You spend more of your repeated sleep cycles in stage 2 sleep than in other sleep stages.

Stage 3: Period of deep sleep that you need to feel refreshed in the morning. It occurs in longer periods during the first half of the night. Your heartbeat and breathing slow to their lowest levels during sleep. Your muscles are relaxed, and it may be difficult to awaken you. Brain waves become even slower.

REM: Sleep first occurs about 90 minutes after falling asleep. Your eyes move rapidly from side to side behind closed eyelids. Mixed frequency brain wave activity becomes closer to that seen in wakefulness. Your breathing becomes faster and irregular, and your heart rate and blood pressure increase to near waking levels. Most of your dreaming occurs during REM sleep, although some can also occur in non-REM sleep. As you age, you sleep less of your time in REM sleep. Memory consolidation most likely requires both non-REM and REM sleep.

Sources: <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep> & <https://www.nia.nih.gov/health/good-nights-sleep>, CDC & Healthline.

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