

Your Health Matters

DID YOU GET ENOUGH SLEEP LAST NIGHT?

Do you know that awesome feeling when you get into bed, fall right to sleep, stay asleep all night, and wake up feeling refreshed? Me neither.

Most people know they need to eat right and exercise to be healthy. But what about sleep? We spend about one third of our lives asleep, and sleep is essential to better health.

But many of us are struggling with sleep. Four out of five people say that they suffer from sleep problems at least once a week and wake up feeling exhausted.

So, grab a pillow, curl up and keep reading to find out how to get the best night's sleep possible.

1. **Exercise Regularly**
Physical activity during the day will help you fall asleep faster and sleep more soundly. Just don't exercise right before bedtime or you have difficulty falling asleep.
2. **Manage Stress**
Thinking about issues all night can keep you awake. Get organized, set priorities, and delegate. Before you go to bed, write down what is causing you stress, and then put your list away until morning.
3. **Limit Naps**
If you must nap during the day or evening, keep it to no more than 30 minutes.
4. **Watch What You Eat and Drink**
Don't go to bed too full or too hungry. Also, remember that nicotine, caffeine, and alcohol can take hours to wear off, preventing sleep.
5. **Stick to A Schedule**
Go to bed and get up at the same time each day to develop a consistent sleep-wake cycle for your body.
6. **Follow A Bedtime Ritual**
A warm bath, reading, or listening to soft music lets your body know to settle down and get ready for sleep.
7. **Create a Comfortable Sleep Environment**
A cool, dark, and quiet room minimizes distractions from sleep.

Great sleep is all about developing great sleep habits. Did you get enough sleep last night? The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■

