

GET ADEQUATE REST



YOUR CHALLENGE: Get adequate sleep and rest— six hours of sleep each night. (Seven to eight would be even better.) Report the completion of your goal at www.dmba.com with a simple “yes” or “no.”

GET ADEQUATE SLEEP AND REST

Sleep and rest are critical to good health. If you want to keep up your energy levels, you must catch your z’s so your body has time to rebuild and recover. This challenge focuses on the whys and hows of getting the rest and sleep you absolutely need.

Growing evidence shows chronic lack of sleep increases the risk for developing obesity, diabetes, cardiovascular disease, infections, cognitive difficulties, and mood problems.

Yet today an estimated 70 million people (about 30 percent of adults in the U.S.) are not getting enough rest to feel and perform their best.



Sleep requirements vary from person to person, but everyone should wake up feeling fresh and rested during the day. Children generally need nine to 10 hours, and teens need eight to nine hours because their bodies and brains are still growing.

Some adults also seem to feel and function best if they regularly get eight to nine hours. Studies show long-term health is greatly affected when adults get fewer than six hours of sleep.

Here are some suggestions from the National Sleep Foundation to improve your ability to enjoy regular sleep habits:

- Be physically active daily. Exercise helps reduce stress and feelings of anxiety and helps you relax. People who exercise regularly fall asleep faster and get more sleep than those who don't exercise.
- Be regular in your sleep habits. The more closely you follow a consistent schedule, the better your sleep habits will be.
- Your sleep area should be quiet, dark, comfortable, and cool. A TV or computer in your room can be a distraction—so can an uncomfortable mattress or pillow.
- Develop a routine that works for you. Do something just before you go to sleep each night that helps you relax and prepare for sleep. It may be soaking in a warm bath, reading a book, or listening to relaxing music. Enjoy the relaxing time, and then fall asleep.
- Avoid drinking caffeinated beverages several hours (six to eight) before bedtime.
- Avoid late meals. Most people don't sleep well with a full stomach.
- Don't stay in bed too long if you're awake. If you can't fall asleep within 15 to 20 minutes after you turn out the lights, it's best to get up and do another relaxing activity, such as reading until you fall asleep.
- Consider a midday nap. Naps can't substitute for a good night's sleep, but if a short nap (30 minutes) refreshes you and makes you more alert, add it to

your daily routine. It's generally best not to take long naps or nap close to bedtime because it will disturb your sleep at night.

- Expose yourself to sunlight. Try to get outside in natural sunlight for 30 minutes each day. If you have problems falling asleep, get an hour of exposure to morning sunlight.

WANT MORE INFORMATION?

- American Heart Association <https://www.heart.org/en/healthy-living>
- WebMD <https://www.webmd.com/living-healthy>
- CDC Healthy Living <https://www.cdc.gov/healthyliving/index.html>

Note: If you can't complete this challenge because of a medical condition, let us know and we'll come up with an alternative for you.

