



Make Sleep a Priority

If you're like most American adults, you're not getting enough sleep. The American Academy of Sleep Medicine (AASM) recommends that adults get at least seven hours of sleep each night. However, a recent study showed that 85% of adults in the United States get less.

Why is sleep so important? First of all, sleep makes you healthier, happier and smarter, according to AASM, and affects mood, relationships, learning, memory recall, creativity and thinking. If you regularly sleep less than seven hours a night, you may be increasing your risk for chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke and mental distress.

Make this the year you improve your sleep!

Here are some proven steps to help you do that:

- Try to go to bed and wake up at the same times.
- Develop calming nightly routines such as reading, meditating, or listening to calming music.
- Eliminate noise and distractions in your bedroom, which should be quiet, dark and a little bit cool.
- Aim for a consistent 7 to 8 hours of sleep.
- Don't eat at least three hours before bed.
- Keep cellphones and other screens that emit blue light out of the bedroom.
- If you snore, stop breathing at night, and feel groggy in the morning, discuss sleep apnea with your physician.

