

TOP REASONS TO Get Enough Sleep



Benefits of Healthy Sleep



Improves Health



Reduces Injury Risk



Regulates Mood



Sharpens Memory



Controls Weight



Boosts Learning



Removes Toxins



Improves Focus



Strengthens Immunity

Habits and Practices That Negatively Impact Your Sleep



IRREGULAR SLEEP SCHEDULE

Going to bed and waking up at different times every day.

SCREEN TIME BEFORE BED

Using phones, tablets or computers right before trying to sleep.

LATE-NIGHT EATING

Eating heavy meals or snacks just before bedtime.

CAFFEINE LATE IN THE DAY

Drinking coffee, tea or other caffeinated drinks in the afternoon or evening.

NOISY OR UNCOMFORTABLE SLEEP ENVIRONMENT

Sleeping in a room that's too noisy, bright, overheated, with poor air quality (from smoking or vaping) or that has an uncomfortable bed.

LACK OF WIND-DOWN ROUTINE

Not having a relaxing pre-sleep routine, like reading or taking a warm bath.

EXCESSIVE NAPS

Taking long or frequent naps during the day.

INCONSISTENT LIGHT EXPOSURE

Not getting enough natural light during the day or being exposed to too much artificial light at night.



Getting Enough Sleep But Still Tired?

Other Causes

POOR EATING HABITS

Eating near bedtime and using caffeine and alcohol can significantly worsen sleep quality. Make sure to eat at least two to three hours before preparing to sleep.

SLEEP APNEA

Pauses in breathing while asleep can affect your overall sleep quality. Many people with sleep apnea don't even know they have it.

MEDICATION SIDE EFFECTS

Some medications can cause drowsiness. Check with your pharmacist or doctor.

PSYCHOLOGICAL CAUSES

Stress, major life events like divorce, job change/loss, or relationship troubles can drain you both mentally and physically. If you don't feel right for more than two weeks, seek professional help.

UNDERLYING MEDICAL CONDITIONS

Thyroid problems, diabetes and heart disease are just a few conditions that could be making you tired. Get a physical so your doctor can rule out these things.