

TOP REASONS TO CONSISTENTLY GET ENOUGH

SLEEP



STRENGTHENS IMMUNITY

When sleeping, your immune system releases cytokines (proteins) that respond to infections, inflammation and stress.



IMPROVES HEALTH

Getting insufficient amounts of sleep has been linked to serious health problems like diabetes, heart disease, heart attacks and obesity.



IMPROVES FOCUS

A lack of sleep makes it harder to concentrate and perform effectively at your work.



SHARPENS MEMORY

A lack of sleep over a prolonged period of time can impair memory.



BETTER LEARNER

If you sleep after learning a task, it's easier to commit it to memory. Plus, you'll do better on tests.



REGULATES MOOD

The same neurotransmitters that involve sleep also regulate your mental health. Prolonged periods of sleep disturbance have been linked to depressive illnesses.



LESS RISK OF INJURY

You'll be less likely to fall asleep at the wheel and have better coordination when performing simple household tasks like chopping vegetables or climbing a ladder.



"WASHES" BRAIN

Waste products that build up in the brain during waking hours are "washed" from the brain during sleep, clearing toxins that otherwise make it difficult to think clearly if you haven't had a good night's sleep.



CONTROLS WEIGHT

If you limit or restrict your sleep, your body tends to crave high-fat, high-calorie foods.

GETTING ENOUGH SLEEP BUT STILL TIRED?

WHAT ELSE COULD BE TO BLAME



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.



POOR DIET

High-fat, high-calorie foods can make you feel sluggish. Choose more foods in their natural state (fresh fruits, vegetables) and those with more protein to sustain your energy levels throughout the day.



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.



MEDICATION SIDE EFFECTS

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



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.

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