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## Fitting sleep into your daily health routine

You live a busy life. Between work, family and errands, there aren't enough hours in the day. You often give up precious hours of sleep to get everything done. Stress can also get in the way of a good night's sleep.

### The power of sleep

A few nights without much sleep can leave you tired and maybe even cranky the next day. But when it happens regularly, that's when it can affect your health.

Lack of sleep — or sleep deprivation — affects your growth and stress hormones, immune system, appetite, breathing and more. It can also increase your risk for obesity, heart disease and infections.

Sleep helps restore your body's functions. And that can help you:

- Revive your energy, mood and reflexes
- Think and focus more clearly
- Fight infection and more

Getting a good night's sleep is a great jump start to a healthier lifestyle. When you feel refreshed, you're more likely to be active, present in the moment and productive throughout your day.

### Are you getting enough quality sleep?

**The amount of sleep you need varies, based on your age:**

- Adults — 7 to 8 hours
- Young children — at least 10 hours
- Teenagers — at least 9 hours

### What you can do to catch better ZZZZs

A change in your daily routine can often help you get a better night's sleep. You can make getting enough sleep a priority, just like other good health habits. Even if it means adjusting other priorities. Here are some tips:

- Avoid caffeine and other stimulants late in the day.
- Exercise regularly (but not right before bedtime).
- Go to bed at the same time every night, and wake up at the same time every morning.

Limiting the use of electronics (TV, smartphone, computer, tablet) before bedtime is also a good idea. Instead, relax by taking a bath. Or read a book before turning out the lights.

**And don't forget to talk to your doctor**, especially if sleepless nights are an ongoing problem. Your doctor can help you figure out what's causing the problem and how best to fix it. For example, it could be the medicine you take that's keeping you awake at night.

#### Sources:

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