

HEALTHY SLEEP, HEALTHIER YOU

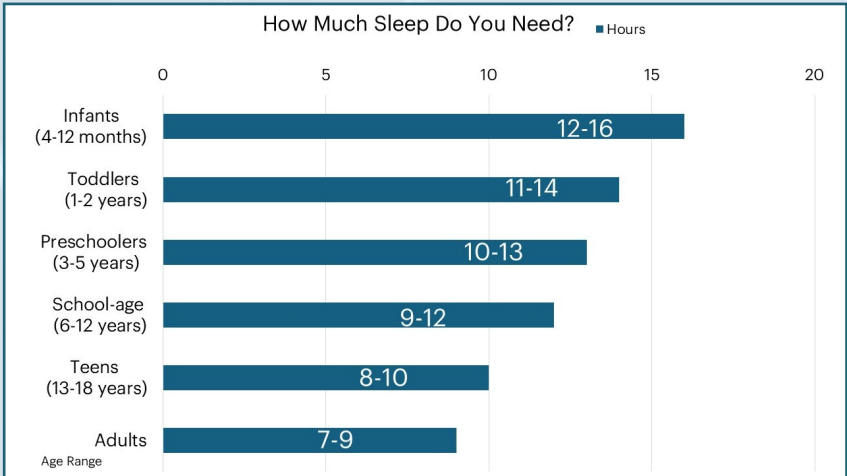
Sleep is essential for overall health and well-being. Getting enough uninterrupted sleep helps the body and brain function properly. Poor sleep can make it more difficult to manage conditions or may increase your risk of developing conditions such as diabetes, heart disease, obesity, and depression. In children, inadequate sleep can lead to difficulties with attention and learning, as well as changes in mood and behavior.

How Much Sleep Do You Need?

Sleep needs vary by age. The American Academy of Sleep Medicine and the National Sleep Foundation recommends:

Build Better Sleep Habits

Healthy sleep habits—also called sleep hygiene—can make it easier to fall asleep and stay asleep. Try these simple tips:



Avoid

- Large meals before bed
- Alcohol, nicotine, or caffeine before bed
- Long or late-afternoon naps
- Stress

The Benefits of Quality Sleep

Getting enough quality sleep can help you:

- Improve mood and emotional well-being
- Reduce stress and support a healthy immune system
- Improve focus, memory and decision-making
- Support healthy weight management by helping regulate appetite hormones
- Support heart health and healthy blood pressure
- Promote healing and recovery after illness, injury or exercise

Try

- Consistent sleep and wake times
- A relaxing bedtime routine
- A cool, dark, quiet room
- Regular physical activity during the day
- Limiting screen time before bed

Trouble Sleeping?

If you regularly have trouble falling asleep, staying asleep or still feel tired after a full night's sleep, talk with your health care provider. Ongoing sleep problems may be a sign of an underlying medical condition that can be evaluated and treated.

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Contact the TakeControl team to learn more about becoming an **active** member.

855-717-4688 | takecontrol@quadmedical.com

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