

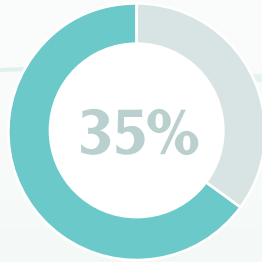
# Get a good nights sleep



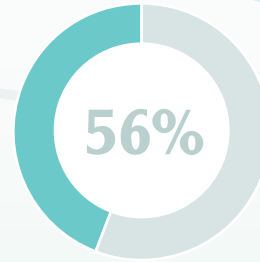
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70% of adults have problems sleeping



Only 35% of us sleep 8 hours each night



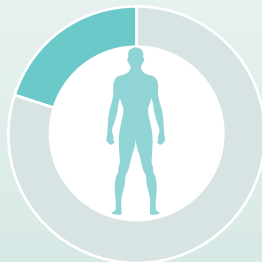
About 56% of us have symptoms of insomnia once a week or more



70% of adults say their stress is what prevents them from sleeping



Women suffer from insomnia more often than men



As men go from age 16 to 50, they lose 80% of their deep sleep



60% of children, especially teenagers, say they're tired during the day



Statistics show the US economy loses more than \$150 billion each year due to sleep-deprived workers

## How much sleep do I need?

Newborns (0-3 months)	12-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (age 1-3)	12-14 hours
Pre-school children (age 4-5)	11-13 hours
School-age children (age 5-10)	10-11 hours
Teens (age 11-17)	9-11 hours
Adults (age 18-60)	7.5-9 hours
Elderly (age 60+)	9-10 hours



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# ***Why is sleep important?***

Lack of sleep affects your mental process, memory, and problem solving skills. It has detrimental effects on your day to day function, how well you enjoy life and more.

Less than 7 hours of nightly sleep prevents weight loss and keeps inflammation going strong.

Feeling irritated, excessively tired, no energy or motivation to function normally?

Insomnia is usually due to real life anxieties and worries...

or medical conditions that keep the body in “hyperdrive”...

or a diet or even late-night lifestyle that wakes up your organs when you’d like to sleep...

## ***Improve your sleep with these sleep hygiene tips:***

- 1. Fix your biological (sleep) clock:** Maintain a regular bedtime and wake-up time including weekends. It is important to get up about the same time every day, regardless of what time you went to bed.
- 2. Create a regular, relaxing bedtime routine:** Create relaxing rituals prior to bedtime. Take a warm bath or shower, lie in bed and read for pleasure, listen to soothing music. Checking your email, watching TV (or leaving it on in the background) or late exercising are sure-fire ways to stay awake.
- 3. Let your environment invite you to sleep:** Your bedroom should be dark, quiet, comfortable, and cool. Use comfortable mattress and pillows.
- 4. No work! only SLEEEEP:** Use your bedroom only for sleep. Have work materials, computers, and TVs in another room.
- 5. Mind your belly:** Finish eating at least 2-3 hours prior to your bedtime. (Despite urban legends, most foods don’t help you sleep. You may feel drowsy or have an energy slump after eating certain foods—mostly those that elevate and then crash blood sugar—but a few hours later your liver will wake you up.
- 6. Avoid stimulants:** caffeine within 6 hours; alcohol and smoking within 2 hours of bedtime.
- 7. Let your body feel tired:** Exercise regularly so your body has felt it’s active power, but not so late that it is energized when you want to sleep.
- 8. Avoid naps during day time:** Naps can disturb your sleep clock and don’t include the entire cycle of light and REM sleep. Get your hours of sleep at night; fully and through all the sleep phases.
- 9. Park your anxieties:** Designate time to write down problems and possible solutions in the late afternoon or early evening, not close to bedtime. Bed time should be completely dedicated for sleep - this is not a time to deal with your problems!

## ***Still can’t sleep?***

You need your sleep. If these lifestyle points aren’t giving you at least 7 hours, make sure to go over this in Your next Nutrition Response Testing® exam. We may need to restore nutritional balance.

***Courtesy of Synergy Health & Nutrition, LLC***

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