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# WELLNESS WEEKLY

## Are You Getting Enough Sleep?

People are working more and sleeping less, a harmful combination that can cause drowsiness and lower efficiency. It is important to make sleep a priority because feeling tired at work can put jobs, relationships, productivity, health, and safety at risk. While most people recognize this as a problem, about two-thirds of them are not doing anything about it. Excessive sleepiness can impact your mood and your ability to think clearly. Somewhere between seven to nine hours of sleep per night is the ideal requirement for most adults to feel fully rested.

There are also things you can do during the day to prevent tiredness and keep you feeling energized:

Start with a healthy breakfast. Studies have shown that eating breakfast improves alertness, concentration, and helps you feel better, both mentally and physically. Try to eat a combination of carbohydrates for energy and protein for endurance.



### Tips if you're falling short on sleep:

1. Stick to a regular sleep schedule, including weekends.
2. Sleep in a dark, well-ventilated space at a comfortable temperature.
3. Avoid stimulating activities within two hours of bedtime.
4. Avoid caffeine, nicotine, and alcohol in the evening.
5. Avoid going to bed on a full or empty stomach.
6. Do not fall asleep to the television.

Don't just sit there. If you're at a desk all day, get up and walk around as often as possible. Walk over and talk to a colleague rather than calling or emailing them, or go get a drink from the water cooler. Even the slightest movement increases blood flow and improves circulation.

Eat a light lunch. Spread out your calorie intake throughout the day and eat a light lunch containing a combination of different food groups and nutrients, such as a turkey sandwich on whole-grain bread and a piece of fruit or salad with grilled chicken.

Skip the sugary snacks. Rather than hitting the vending machine for a candy bar, keep your desk stocked with snacks that will give you lasting energy. A sugar buzz will only last for about a half hour and will be followed by another low. But a healthy snack will provide a more lasting stream of energy for your body.

If you continually have difficulty falling asleep at night, help should be sought. Experts can suggest a wide range of treatment options including finding ways to change bedtime behaviors, and in some instances, medication.