



Sleep

A good night's sleep is just as vital as eating healthy and exercising. Quality sleep can help protect your mental and physical health, quality of life and even your safety. A lack of sleep can lead to many health issues like a higher risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

Sleep Recommendations

- Adults: 7-8 hours per night
- School age children and teens: 9-11 hours per night
- Babies and toddlers: 9-10 hours per night plus naps

BENEFITS OF QUALITY SLEEP

- Helps build muscles
- Improves metabolic processes
- Aids in body restoration
- Helps with memory processing
- Increases productivity at work and school
- Forms new pathways in your brain that help you learn and remember
- Heals and repairs your heart and blood vessels
- Helps to control your blood sugar

LIFE CHANGES

- Form a sleep routine to support your body's sleep-wake cycle and help you sleep better
- Don't go to bed hungry or full, your discomfort might keep you up
- Don't use alcohol or nicotine due to their stimulating effects
- Wind down by with a bedtime routine like taking a warm bath or shower, reading or listening to soothing music
- Make a cozy sleep setting by getting rid of noise and light, and setting a comfortable room temperature
- Limit daytime naps. If you do nap, limit them to 10 to 30 minutes during the midafternoon.
- Add exercise to your daily routine
- Manage your stress

Get tips on how to stay healthy and use your plan benefits. Visit bluebulletin.bcidaho.com.

