



# Sleeping Soundly?

A good night's sleep is important for good health, safety, productivity, and overall well-being. It is as important to our health as good nutrition and physical activity. Did you know that lack of sleep has been linked with weight gain, and a higher risk of heart attack and stroke?

Consider the following questions to see if your sleep is satisfying your needs.

1. Do you sleep continuously between 7 and 9 hours per night?
2. Do you feel alert in the afternoon, while listening to talks, or while driving?
3. Do you sleep without snoring?

If you answered “yes” to all three questions, you’re probably getting enough quality sleep. If not, you may need to adjust your lifestyle and/or talk to your doctor about any medical reasons (e.g., medications, conditions, etc.) for your lack of sound sleep.

Some of the ways you can influence your quantity and/or quality of sleep are:

- **Routine**—keeping a consistent schedule helps your body be in the right rhythm.
- **Exercise**—staying active helps fuel your body’s natural need for sleep.
- **Caffeine**—too much, especially close to bedtime, can keep you awake.
- **Stress**—worries or other emotions can keep us tossing and turning at night.
- **Diet**—eating highly acidic or fatty foods, or even big portions, can force your body to work harder on digestion, leaving less time for rest.

Check out [www.sleepfoundation.org](http://www.sleepfoundation.org) for more information, assessments, and references!

