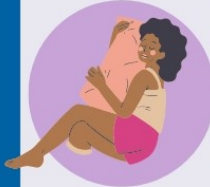


# Sleep Regularly



The importance of regular, restorative sleep has been highly underrated in our high-paced, instant access, 24/7 society. A growing body of scientific studies is highlighting the critical nature of a good night's sleep to our long-term wellbeing.

## Sleep itself



Sleep is not a time of inactivity. Our brains are highly active, undergoing a daily cleaning cycle, removing toxins, and repairing damage that occurred during our awake hours. According to the National Sleep Foundation, adults need an average of 7-9 hours daily for optimal health. It is no wonder that those who sleep poorly often complain of "brain fog" and feeling unwell.

In addition, without regular, restorative sleep, we face increased risk of problems with our metabolism, hormone regulation, immune system, and mood.

Those with poor sleep experience higher rates of everything from diabetes, obesity, heart disease, cancer, and depression.

## Disconnect and unplug...

Good sleep hygiene is critical to maintaining quality sleep. The "cave" environment is recommended: dark, quiet, and cool. The bedroom should be reserved for only sleep and sex without the intrusion of electronics (TV, iPad or phone) whose blue light decreases the release of our own natural melatonin to help us rest.



Having a sleep routine is as important to adults as it is to children. Engaging in relaxing activities without a screen can be helpful. Sleeping at about the same time and for about the same number of hours each night also helps our bodies to maintain balance.

Late night eating, alcohol and even common sleep aids can all work against achieving the deep, restorative sleep that we all need.

## Reset and restore



Sleep and health are a two-way street. Poor sleep can increase the risk for other maladaptive lifestyle habits, and other lifestyle issues can lead to poor sleep. For example, few will feel like exercising if they didn't sleep well the night before, while regular exercise can promote deeper sleep.

Poor sleep can increase the risk of stroke or anxiety. Those with other chronic illnesses often experience disordered sleep, leading to a vicious cycle that can decrease overall quality of life.

## We can help

There are many who struggle with insomnia or other sleep disorders. This can be due to poor sleep hygiene but can also be a sign of other underlying conditions. If incorporating better sleep hygiene does not work for you, please **make an appointment with the providers at Partnership Health Centers** to explore other possibilities and approaches to treat these problems.

There are other non-medication approaches that can be helpful. Cognitive behavioral therapy has been shown to significantly improve insomnia for many. CBT-I coach is a free app that can be downloaded as a resource, or you may want to seek out a professional counselor to directly work through this with you.



Good sleep, good health.

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