

# Sleep

## WHAT IS IT?

Sleep is an active state important for **renewing** our mental and physical health each day. It is as vital as food for survival.

## WHAT DOES IT DO FOR YOU?

- Allows formation and reinforcement of brain pathways crucial to learning, memory, and insight
- Reduces blood pressure and heart rate, regulates stress hormone, *cortisol*
- Triggers release of growth hormone
- Triggers creation of *cytokines* which boost the immune system
- Regulates appetite

## UML RELAXATION LINE

**978-934-6865**

The phone line offers 6 different audio visualizations. Each is approximately 3 minutes long. Users can choose which experience they would like to listen to. Take a deep breath, close your eyes and clear your mind. Then sleep!

#1 Mountain Hike

#2 Beach

#3 Star Gazing

#4 Garden

#5 Forest/Stream

#6 Sunset

## SELF CARE

- Aim for 7-8 hours of sleep every night. Establish a consistent sleep routine by going to bed around the same time each night and waking up around the same time each morning.
- Create a Sleep-Friendly environment. Keep your room dark, cool, quiet, and your bed free from distractions such as laptops, iPads, and smart phones.
- Not enough sleep last night? Pay off your sleep debt ASAP. You can catch up on lost sleep if you do it within 24 hours. Don't sleep in! Go to bed 1-2 hours earlier the next night make up some lost sleep.
- Limit naps to 20 to 30 minutes.
- Put a lid on the caffeine. And the nicotine. And the alcohol. Caffeine and nicotine are stimulants that can stay in your system for up to 6 hours.
- Use your bed for sleep and sex only.
- Exercise, does a body good! Plan your workout to finish 3 to 4 hours before bed time. Lighter exercise can be done 2 to 3 hours before bed.
- \* Midnight munchies? Finish regular meals 2 to 3 hours before bed. But don't go to bed hungry. Healthy bedtime snacks hit the spot. Some examples: Apple with peanut butter, Low fat yogurt with granola, Cereal with skim milk, Cheese and fruit

The information presented here is not intended to be used for the diagnosis of a health problem or as a substitute for consulting a licensed medical professional. When using an Over-the-Counter medication please be sure to follow the package instructions. [Contact Health Services](#) if you have any additional questions, concerns or to make an appointment.