

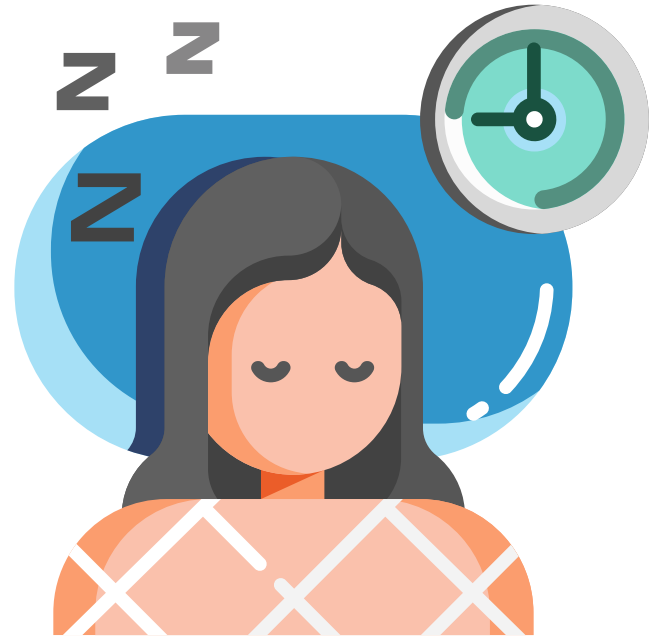
SLEEP CHALLENGE

Temple College Wellness Initiative

Fast Facts

Getting enough sleep is important to maintaining a healthy lifestyle, as well as preventing certain diseases. Lack of sleep puts you at increased risk of obesity, type 2 diabetes, high blood pressure, heart disease, stroke, and even early death. At night, your body cycles through different sleep stages. It usually moves from light sleep to deep sleep, back to light, then into REM, though sleep cycles can vary naturally. Overall, research suggests that adults 18+ years need 7-8 hours of sleep per night, depending on age, lifestyle, health, and recent sleep patterns. See below to get the most out of your night's sleep:

- Stick to a consistent sleep schedule
- Make sure your bedroom is a restful environment: cool, dark and quiet.
- Remove electronic devices, such as TV's, computers, and phones from the bedroom.
- Avoid large meals, nicotine, caffeine, and alcoholic beverages before bedtime.
- Include physical activity in your daily routine, at least 3-4 hours before you go to sleep.



Sleep is the best meditation.

- Dalai Lama

Your Weekly Challenge:

- Get 7-8 hours of sleep each night
- Track # of hours of daily sleep
- Eliminate electronics 30 minutes before bed
- Get some exercise earlier in the day. This may help you fall asleep faster.

Linked Resources:

- [Are you getting enough sleep?](#) - CDC Article
- [Well on Target](#)- Sweet Dreams Challenge
- [Sleep Tips](#)- Mayo Clinic Article