



ACTION STEPS FOR HEALTH & HAPPINESS

Deep sleep is vital to health



- While the body rests during sleep, the brain remains active. During deep sleep, hormones are made that:
- Promote growth and repair cells and tissues
- Fight infections
- Help the body control hunger
- Most healthy adults need between seven and a half to nine hours of sleep per night to function at their best.

Dos

- Keep your bedroom quiet, dark, and comfortable.
- Have a warm cup of tea without caffeine before bedtime.
- Go to bed at the same time each night and get up at the same time each morning.
- Get some exercise during the day.

Don'ts

- Don't sleep with lights or the TV on.
- Don't have a night cap. Alcohol before bedtime robs you of deep sleep.
- Don't eat large meals before bedtime.
- Don't watch screens or scroll through news and social media at least one hour before bedtime.