Are you getting enough sleep??????

Lack of quality sleep can make you grumpy and foggy and it can also cause accidents, weight gain and put you at risk for developing heart disease, diabetes and a stroke?

Having healthy sleep habits is an important foundation for your overall health.

Having healthy sleep habits is often referred to as having good "sleep hygiene." Try to keep the following sleep practices on a consistent basis:

1. **Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends.** This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
2. **Practice a relaxing bedtime ritual .** A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
3. **Exercise daily.** Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
4. Avoid caffeine in the afternoon. Caffeine takes about 6 hours to metabolize. So if you are drinking an afternoon cup of coffee around 3, then you can still feel the impact of that caffeine at 9 pm.
5. **Evaluate your room .** Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 60 and 67 degrees. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
6. **Sleep on a comfortable mattress and pillows.** Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about 9 or 10 years for most good quality mattresses.

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