

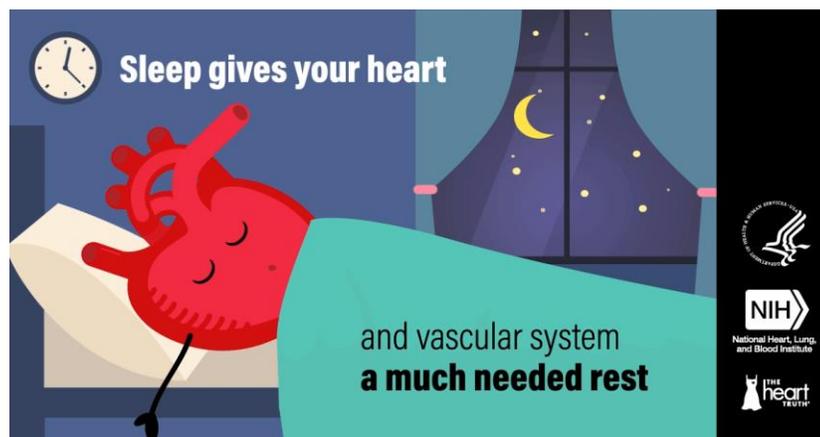


*“When you lie down, you will not be afraid, when you lie down, your sleep will be sweet.”  
Proverbs 3:24*

As we prepare to “spring forward,” think about your sleep. Are you sleeping well? Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Most adults need 7 to 8 hours of sleep a night.

### Tips to improve sleep:

- ✓ Increase bright light exposure during the day.
- ✓ Reduce blue light exposure in the evening (computers, cell phones, tv).
- ✓ Don't consume caffeine late in the day.
- ✓ Reduce daytime naps.
- ✓ Get into a regular wake/sleep cycle.
- ✓ Avoid alcohol and eating late at night.



### Sometimes, a sleep problem could be more

**troublesome and require some help from a medical provider. Symptoms of a possible sleep disorder include:**

- Long-term trouble falling asleep or staying asleep
- Excessive daytime sleepiness, even after nine hours of sleep
- Snoring
- Difficulty concentrating
- Inability to sleep at normal times
- Gasping for breath while sleeping
- Morning headaches
- Periodic kicking of legs or arms throughout the night

If you suspect any of these symptoms, discuss your concerns with your primary care provider. You are not alone. Approximately 50 to 70 million Americans have sleep disorders, and 1 in 3 adults do not regularly get the recommended amount of uninterrupted sleep they need to protect their health.

### References and Resources:

1. Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.
2. 17 Proven Tips to Sleep Better – Healthline <https://bit.ly/3IB9AUc>
3. 10 Top Benefits of Getting More Sleep – Healthline <https://bit.ly/35go2Th>
4. Sleep Disorders Center | Saint Joseph Mercy Health System <https://bit.ly/3htF96j>
5. Sleep Awareness Week® - National Sleep Foundation <https://bit.ly/3HyItb0>