

## Sleep

Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases. Without enough sleep, the brain cannot function properly. This can impair your abilities to concentrate, think clearly, and process memories.

Most adults require between seven and nine hours of nightly sleep. Children and teenagers need substantially more sleep, particularly if they are younger than five years of age. Work schedules, day-to-day stressors, a disruptive bedroom environment, and medical conditions can all prevent us from receiving enough sleep. A healthy diet and positive lifestyle habits can help ensure an adequate amount of sleep each night – but for some, chronic lack of sleep may be the first sign of a sleep disorder.

If you have difficulty falling asleep, a regular bedtime routine will help you wind down and prepare for bed. Few people manage to stick to strict bedtime routines. This is not much of a problem for most people, but for people with insomnia, irregular sleeping hours are unhelpful. Your routine depends on what works for you, but the most important thing is working out a routine and sticking to it.

### The Benefits of Getting a Full Night's Sleep

- Sleep Can Boost Your Immune System
- Gaining Zzz's Can Help Prevent Weight Gain
- Sleep Can Strengthen Your Heart
- Better Sleep = Better Mood
- Sleeping Can Increase Productivity
- Lack of Sleep Can Be Dangerous
- Sleep Can Increase Exercise Performance
- Sleep Improves Memory

Whether the problem is insomnia, hypersomnia, or something else, a **Sleep Diary** is an essential tool for tracking sleep, and any factors that might be contributing to disturbances. The sleep log asks about bedtime habits, substances that might interfere with sleep, the effects of sleep, and more. The log is split into two halves—one to be completed first thing in the morning, and the other just before bed at night. Try tracking sleep for a *minimum* of one week, but aim for 2-3 weeks if you can.

### Resources:

*Sleep Diary*

*Sleep Hygiene For Teens*

*Guide To Sleep*

*Sleep Toolkit*

How to sleep better

<https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>

10 reasons why good sleep is important

<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>

