

Journey to Wellness — A free self-guided healthy living program

Get the scoop on sleep



Getting quality sleep is essential
to your physical and mental health.

Having the adequate amount of sleep each night ensures that your body is getting the rest it needs to function at its full potential the following day. When it comes to good health, good sleeping habits are as vital as regular exercising and healthy nutrition.

Benefits of a good night sleep

- Better learning, as retention happens while you sleep.
- Better problem-solving skills.
- More control over your temper, helping you to stay calm.
- Better health, as less sleep is linked to diabetes, high blood pressure and heart disease.
- Better weight management, as sleep helps regulate hormones that affect hunger.
- Stronger immune system.
- More hormones that help build, recover and repair muscles, and burns fat.
- Longer life, as getting seven to eight hours of sleep per night can lead to a longer life.

How to get a better night's sleep

Develop a sleep routine, including going to bed and waking up at the same time every day.

Minimize TV, phone and other electronic device use at least one hour before bed. A person's brain interprets most light from electronics as sunlight, which delays release of melatonin as the brain thinks it is still daytime.

Check your environment. Ensure the mattress, pillow and bedding is comfortable and the room temperature is cool enough.

Consider your pets. Are they waking you up at night? Create a separate sleeping area for your pets.

Get physical exercise daily, especially earlier in the day. Getting exercise in the morning activates your brain and sets it off on the proper cycle.

Get sunshine, especially in the morning. This tells your brain it is time to be awake.

Avoid caffeine and heavy meals before bed. These disrupt your body's ability to sleep soundly and move fluidly through all the phases of sleep.

Consider professional help. Check with your doctor for a sleep study evaluation if the tips above aren't enough.

Information adapted from connect.mayoclinic.org [Top 10 tips for healthy sleep](#) and Mayo Clinic's YouTube channel [8 benefits of getting quality sleep](#).

mayoclinichealthsystem.org/journey



mayoclinichealthsystem.org

©2023 Mayo Foundation for Medical Education and Research. All rights reserved. MAYO, MAYO CLINIC and the triple-shield Mayo logo are trademarks and service marks of MFMER.

MC4770-12