

GET ACTIVE

Workplace Wellness

Sleeping

Keep yourself healthy, awake and alert during the day by following these tips to get a good night's sleep.

THE IMPORTANCE OF SLEEP

Research indicates that people who get less sleep — six or fewer hours a night — have higher blood levels of inflammatory proteins than those who get more.

Sleep is a time for your body to repair damage caused by stress, ultraviolet rays and other harmful exposures.



Skimping on shut-eye can hurt your ability to fight off colds, flu and other infections — and affect your response to vaccinations.



HELP YOURSELF GET TO SLEEP

Your bedroom should be free from any noise and light that can disturb your sleep.



Practice a relaxing bedtime ritual, such as taking time to wind down, reading or taking a hot bath or shower.



Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool — between 60 and 67 degrees.



BE CONSISTENT

Stick to a sleep schedule of the same bedtime and wake-up time, even on the weekends.



Exercise daily. Vigorous exercise is best, but even light exercise is better than no activity.

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