

Health Matters

Healthstat Wellness
Newsletter



Better Sleep

Sleep is a vital part of your overall health and well-being. While we are asleep, our bodies complete processes that cannot be done while we are awake. Lack of sleep can affect your physical, mental and emotional health. Lack of sleep also has a strong correlation to chronic health conditions such as obesity, heart disease and type 2 diabetes.

Adults 18 and older should be getting seven to nine hours of sleep per night which is recommended by the American Academy of Sleep Medicine. For individuals that are getting the recommended amount of sleep but are still feeling tired or drowsy throughout the day, they could be experiencing a sleep disorder that affects the quality of their sleep. Follow some of the sleep tips provided before consulting your healthcare provider about a sleep disorder diagnosis.

An estimated 70 million Americans suffer from sleep disorders.

-U.S. Department of Health and Human Services,
National Heart Lung and Blood Institute

Sleep Disorders

Sleep disorders are very common and in a lot of cases are not diagnosed. Common sleep disorders include:

- **Insomnia** - the inability to initiate or maintain sleep
- **Narcolepsy** - excessive daytime sleepiness with sudden muscle weakness that can be described as sleep attacks that occur while walking or engaging in other forms of physical activity
- **Restless Legs Syndrome** - unpleasant, creeping sensation originating in the legs but can be associated with aches and pains throughout the legs. Usually relieved by moving the legs, which can cause difficulty initiating sleep
- **Sleep Apnea** - commonly characterized by snoring or periods of gasping sounds from lack of oxygen, caused by pauses in breathing. Excessive daytime sleepiness is a common symptom

Sleep Tips

Follow the tips below to get a better night of sleep:

- Go to sleep and wake up at the same time every day, even on the weekends.
- Use the hour before bed to relax and avoid artificial light from TV's, computer screens and cell phones.
- Avoid nicotine and caffeine before bed, as they are stimulants and can interfere with sleep.
- Keep your bedroom cool, dark and quiet.
- Take a hot bath or shower before bed to help relax.
- Use a sleep diary to record your sleep routine and try to identify any patterns that could be disrupting your sleep.

Source: Centers for Disease Control and Prevention

Sleep Diary

Before visiting your healthcare provider with any sleep-related health issues, start recording your sleep habits in a Sleep Diary that may help your provider analyze the potential issues related to your sleep. Use the outline below to record your sleep habits every day.



Date (including day of the week and type of day - work, school, off, vacation) : _____

When you went to bed: _____

When you fell asleep: _____

How many times you woke up during the night: _____

When you woke up in the morning: _____

When you got out of bed: _____

How you felt when you woke up: _____

Did you take any naps throughout the day? When and how many? _____

Did you have caffeine? When and how much? _____

Did you have alcohol? When and how much? _____

Did you exercise? When and how much? _____

Anything else you would like to make note of: _____

Want to Learn More?

Make an appointment with your Healthstat clinician to discuss your sleep-related health.