It is easy to physically move our clocks ahead for daylight savings time. But, here it is a month later, and I am still in a daze with waking up to daylight and knowing my granddaughter now goes to bed when it is light outside. It took me awhile to recover from the grogginess of losing an hour of sleep, but I still find myself confused as to the time of day with all this sunshine.

How well do you sleep? Getting enough sleep and enough quality sleep is not only important in the productivity of your everyday activities, but also important in helping to prevent having serious disease processes like heart disease and diabetes. If you feel your sleep is not benefitting your health, and you would like to be evaluated by a sleep specialist, please let me know and I will help you find one in your area.

According to the CDC, people age 18-60 need at least 7 hours of quality sleep/night to function well. (Click here for the full article, or go to cdc.gov and search “getting enough sleep.”)

Take this quiz to see how good your sleep habits are: webmd.com/sleep-disorders/sleep-habits-assessment

Both the CDC and Mayo Clinic recommend similar suggestions for a better night’s sleep. (Click here for the Mayo clinic article, or go to mayoclinic.org and search “sleep more soundly.”)

For a more comprehensive video about sleep, please visit the SSM Health blog (Click here or visit youtube.com and search “SSM Health Sleep Services.”)

Here’s to a more restful night and some healthy ZZZZZs!

Peace,
Kimie
Your Priest Wellness Nurse