



Sleep Awareness

Health Information

July 2024



We are officially in summer now. I hope you all are enjoying the warmer/hot weather.

For July, I thought sleep would be a good topic to write about. I hope you enjoy and find some of this information helpful.

My information came from The American Heart Association, sleep education, and CDC.

How does sleep affect my health? Did you know that getting a good night's rest is one of the most important things you can do for you heart, mind, and overall health? 1 in 3 adults in the USA do not get enough sleep every night. The amount and quality of sleep can influence eating habits, mood, memory, and internal organs.

How much sleep is recommended? Between seven to nine hours of sleep a night. Too little sleep can be harmful as well as too much sleep.

Poor sleep may put you at risk for:

- Alzheimer's Disease
- Cardiovascular Disease
- Dementia
- Cognitive decline
- Depression
- Diabetes
- High Blood Sugars
- High Blood Pressure
- Obesity
- High Cholesterol

Some Signs that you might have a sleep disorder:

- Difficulty sleeping
 - Having trouble falling asleep, or waking up multiple times during the night.
- Daytime tiredness
 - Exhausted or tired during daytime, even after a full night's sleep.
- Snoring
- Kicking your legs

- Gasping for breath
- Headaches
- Confusion
- Trouble concentrating because of exhaustion

Ways to improve the quality of sleep:

- Physical activity during the day-helps you relieve stress and boost brain function.
- Recommended room temperature is 65°F
- Sleeping space needs to be comfortable-quiet and dark
- Avoid heavy meals close to bedtime-allow 2-3 hours to digest.
- Avoid caffeine and alcohol around bedtime-about 3-4 hours before.
- Establish a routine bedtime routine-if possible same time going to bed and waking up.
- If possible keep electronics out of the bedroom

When should you consult your doctor?

- Experiencing regular sleep disturbances that affect your daily life
- Symptoms lasting more than four weeks

Thank you for taking a moment to read/glance at this information. Please let me know if you have any questions or concerns. Have a wonderful and blessed day.

Blessings,

Danielle

The Real Wealth

One day, a rich man decided to take his son on a trip to the country. The wealthy man wanted to show his son how the poor people live so he could be thankful for his wealth.

They spent two days on a farm of a very poor family. On their way home, the rich man asked his son, “How was our trip with this poor family and what did you learn?”

The son answered, “I saw that we have servants to serve us, but they serve others. We have one dog and they have four. We have imported lanterns in our gardens and they have stars at night. We buy our food, but they grow theirs. We have a big pool in our garden, but they a creek that has no end. We have large walls to protect us and they have friends to protect them.”

Finally, the son added, “Thanks dad for showing me how poor we are.”

Author: Unknown

