

Why Sleep Matters

Getting enough sleep is an important component to improving your whole body health. There are several long-term health problems that are intensified by a lack of sleep. Studies show that if you don't get enough sleep, your blood sugar and blood pressure rise, your body doesn't burn fat as well, and your brain has trouble recognizing cues that you've had enough to eat. A lack of sleep impacts every aspect of your physical life. Plus, being sleepy impacts more than just your body. It can also impact your mental and emotional health.

If you don't get enough sleep, you are more likely to:

- Be drowsy during the day
- Have trouble thinking, paying attention, and getting things done
- Develop high blood pressure
- Be depressed
- Overeat
- Have high blood sugar
- Gain weight
- Have a compromised immune system and fall ill

To be at our best, most adults need at least 7 hours of sleep each night. Few of us get it. We live in a 24/7 society and because of that, about 1 in 4 Americans say they sleep poorly.



Drowsy driving: similar to drunk driving?

- According to the CDC, being awake for at least 18 hours is the same as someone having a blood alcohol content (BAC) of 0.05%.
- Being awake for at least 24 hours is equal to having a blood alcohol content of 0.10%. This is higher than the legal limit (0.08% BAC) in all states.

It is important to be mindful of how much rest you are getting in order to minimize some of these effects. What are some ways you can improve your sleep habits?